

# Cyclist

A Publication of

OutdoorsNW

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## E<sup>⚡</sup>BIKES PICK UP SPEED

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Also:

**Cycle Idaho!**  
The Trail of the  
Coeur d'Alenes

**Kat Sweet**  
brings  
mountain  
biking passion to  
the NW

**Oregon's**  
Peterson Ridge  
Trail System

**New Gear**



**NW KIDS:**  
BIKE COMMUTING  
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tours, zipline flights, museums and delicious microbreweries. The Route of the Hiawatha offers 10 exciting tunnels and 7 sky-high trestles to cross. For a multi-day cycling tour consider the International Selkirk Loop which starts just one hour north of Coeur d'Alene. The scenic 280-mile loop is a designated National Scenic Byway ideal for cycle touring.



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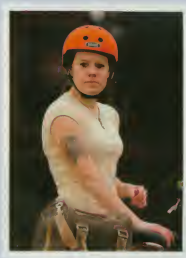
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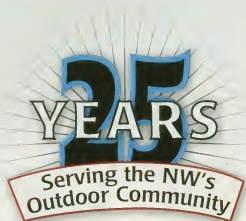
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Sponsored by Therapeutic Associates



COVER AND PHOTOS ABOVE: Here are some shots from our cover photo shoot at Gas Works Park. Many thanks to model cyclist and contributing writer Anne-Marjie Rook, as well as Fremont's Hub and Bespoke shop and Club Ride Apparel. Also, a thank you to Electra Bike for the loan of the Amsterdam Forget Me Not. All photos by Randy Meyerson



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## Editor's Note

# The joys of bicycling redux

By Hilary Meyerson

My first two-wheeled bike was a Sears Free Spirit Spyder bike with a big, curving banana seat. It had a flag in the back, and a plastic floral basket up front. I rode that thing all over the neighborhood, to my friends' houses, local parks and the grocery store. That bike was freedom. But it was also joy—the feeling of streaking down the street with streamers whipping from the ends of the handlebars.

I think all of my adult cycling has been about trying to recapture that joy.

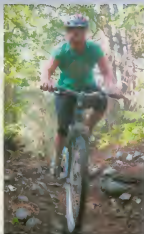
Since then, I've had a series of bikes, but I'm not sure I've ever loved one so much as that first one. However, this past September I attended Interbike, the national bicycle trade show, for the first time, and I felt just like a kid again. I've never coveted so many two-wheeled creations. It was so exciting to be in community with so many people who are passionate about cycling.

Interbike inspired us as we wrote this edition of *NW Cyclist*. We brought back some cool finds from Interbike for your reading and coveting pleasure. You'll find stories on some great rides in northern Idaho and Sisters, Ore. and a healthy debate over helmet regulations. We hope you can learn a bit about the electric bike trend, and what it means for the Northwest; read about some local shops and a bike park built from volunteer love.

As I checked out the latest and greatest new gear for cyclists, I wondered if my own kids would share my cycling passion when they are grown. They have had bicycles since they were able to pedal a tricycle. We mountain bike at Duthie Hill and Whistler, and cycle to many places in the city. I thought my kids have taken their cycling for granted but recently, I watched my 10-year-old daughter plunk down six months of birthday and holiday money to buy her dream: a unicycle.

On a sunny day in January, she set off down the Burke Gilman Trail, balanced on her single wheel, and I saw the same joy I experienced on my old banana seat. And my son doesn't know it yet, but he's getting his wish for his 13th birthday: his first road bike.

Here's to another generation of lifetime cyclists! Hilary Meyerson is editor of *NW Cyclist* and sister publications *Outdoors NW* and *NW SnowSports*. We welcome your comments: [Editor@OutdoorsNW.com](mailto:Editor@OutdoorsNW.com)



Hilary Meyerson



The editor's daughter with her new purchase. Photo by Randy Meyerson

**NORTHWEST 2013**  
**Cyclist**

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# From cowboy town to bicycling Mecca

## Sisters' Peterson Ridge Trails



By Rebecca Agiewich

*The start of the Sisters Stampede, complete with cowboy starter. Photo courtesy of Joel Palanuk*

Enter the central Oregon town of Sisters from Highway 20, and a red-and-white sign warns you about what's up ahead: "Bicycle Friendly Community."

In 2011, this scenic town in the east Cascades earned a coveted, silver-level "Bicycle Friendly" designation from the League of American Bicyclists. As you get further into downtown Sisters, it's easy to see why.

Amid the art galleries, cafés, and bakeries on Sisters' charming, western-style streets, biking signs proliferate. In a mere few blocks, you'll see at least four other signs tempting you toward various bike routes.

Short on biking gear? Never fear. There are two bike shops and a plethora of other places to get outfitted for the great outdoors, whether it's cycling, hiking, skiing, or horseback riding.

### From cowboy town to cycling Mecca

Oregon is considered one of the most bike-friendly states in the country, and nearby Bend already has a

reputation as a cycling Shangri-La.

Now Sisters is coming into its own as a cycling destination. The ever-expanding Peterson Ridge Trail System (or "PRT") offers a maze of approximately 26 miles of meticulously-signed mountain biking and multi-use trails that depart from downtown Sisters. The PRT, in turn, connects to trails in the Bend area, creating countless miles of single-track fun.

The fun gets multiplied by 500 every year in May when the Sisters Stampede Mountain Bike Race takes place on the PRT. Currently capped at 500 riders, the Sisters Stampede is the most popular mountain biking race in Oregon. It might be the only bike race





Apocalypse Now: a helicopter lands at the Stampede. Photo courtesy of Joel Palanuk

in the world in which a cowboy on horseback fires the starting gun and leads the charge.

"It symbolizes what Sisters has been with the cowboy, and what Sisters is becoming," says Joel Palanuk, Sisters Stampede race director. "Sisters has typically been a cowboy town but people are realizing that cycling has a lot to do with tourism here now."

### A little something for everyone

The trails themselves are diverse and scenic, with a little something for everyone. The PRT West and East form the dual backbone of the trail system, climbing from downtown Sisters up to Peterson Ridge and beyond. Numerous connecting trails and loops mean you can perform endless variations on your

favorite rides.

The lower PRT trails are "family-friendly and fast-paced, with a slight incline," says Casey Meudt, of Blazin' Saddles Cycle-n-Style in Sisters. These lower trails are also a good warm-up for cyclists who want to head higher, where more technical terrain awaits.

"After a few miles, you get to the

**Continued on page 10**



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Riders kicking up dust on the Peterson Ridge Trail System. Photo by Gary Guttormsen, courtesy of Sisters Trails Alliance

ridge," says Meudt, "where there are great views and a lot of fun stuff." One of his favorite routes is the challenging ride up to Eagle Rock. This is one of only two "expert" sections on the PRT, and rewards riders (or those who walk up) with 360-degree views, interesting geologic formations, and good wildlife-viewing opportunities.

Prodigious vistas also await on the upper section of the PRT West, which follows Peterson Ridge. This route offers front row seats for a parade of Cascade summits, including Black Butte, Mount Jefferson, Three Fingered Jack, and Mount Washington.

### Hardworking trail volunteers

Up until this past winter, cyclists had to earn the peak-studded ridgeline views the hard way: by pedaling.

However, thanks to the Sisters Trails Alliance (STA), as of fall 2012 the upper trails of the PRT are now accessible via a new, easy section of the PRT West that departs from a small parking area on Highway 16 a few miles south of Sisters.

Last year, the hardworking STA also completed a four-mile section of the PRT West (accessible from the same parking area or from the lower trails), which connects to the Metolious/Windigo trail. This trail—managed by the OET (Oregon Equestrian Trails)—takes riders to Three Creeks Lake, then to Mt. Bachelor or to Bend's Shevlin Park via Road 370 and the Mrazek trail. (Caution is advised on the Mrazek trail, since it isn't officially maintained.)

"This was a significant addition to our system," says Gary Guttormsen, chair of the STA, in reference to the four new miles of trail. He estimates that building this new trail last year required a minimum of about 1,000 volunteer hours. "It took seven or eight workdays, with 10 to 25 people working for about six hours each."

### "Amazing network of trails"

In the dozen years since its formation, the STA, in collaboration with the forest service and the City of Sisters, has

turned the PRT from a "fairly limited" area that combined old Forest Service roads with connecting single track into the "amazing network of trails" that it is today, says Joel Palanuk. Perhaps the PRT's most outstanding feature is its proximity to downtown Sisters. "Having something *right* in town, and to be in the trail in a matter of minutes is really appealing."

The PRT might be the biggest name in town, but the mountain biking and multi-use fun doesn't stop there. Other area trails include The Suttle Tie Trail, the Sisters Tie Trail, the McKenzie River Trail, and the Crossroads to High School Trail.

If you're heading for Sisters, you might want to bring your road bike as well, or rent one while you're in town. Three out of Oregon's nine designated scenic bikeways originate in Sisters—Metolious River Loops, McKenzie Pass, and Sisters to Smith Rock State Park—each offering a unique window onto Oregon's dramatic landscapes.

For mountain bikers, however, the Peterson Ridge Trail System is a "can't miss" destination.

*Rebecca Agiewich is a freelance travel writer living in Seattle and the author of BreakupBabe: A Novel.*

## If you go

Five Pine Lodge has its own connecting trail to the PRT, plus a movie theater and a fantastic Mexican restaurant (Río de Sisters) right in the complex: [www.fivepinelodge.com](http://www.fivepinelodge.com)

Sisters Trails Alliance: [sisterstrails.com](http://sisterstrails.com)

Sisters Trails Map: [www.sisterstrails.com/trailmaps](http://www.sisterstrails.com/trailmaps)

Sisters Stampede: [www.sistersstampede.com](http://www.sistersstampede.com)

Oregon's designated scenic bikeways: [www.oregon.gov](http://www.oregon.gov)



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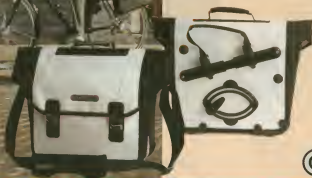
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## Hill-flattening roadsters coming into their own

Story and Photos  
by Hilary Meyerson

Quick—what's the best-selling electric vehicle in the world? It's not a car—it's a bicycle. Welcome to the future.

E-bikes look like regular bikes, but have a battery pack for an extra assist. You still have to pedal, but you can commute to work without needing to take a shower. They are not a new concept, though early models were ugly and batteries had very short lives.

In recent years, with improved battery technology and lots of research and development, these hill-flattening roadsters are coming into their own.

While the vast majority of e-bikes, or electric assist bikes, are sold in Europe and Asia, many people feel that the North American market is about to tip. At last year's Interbike show, exhibitors showing e-bikes more than doubled.

Nowhere might this trend be more evident than in the Northwest. Portland is probably the hub of e-bike life, while Seattle isn't far behind. In fact, it's Seattle's unique hilly topography that makes it perfect for an e-bike, according to Brian Nordwall, owner of Seattle E-Bike in Pioneer Square.

Nordwall explains that you can't build a road now more than eight degrees in slope. Madison, near Nordwall's store, is a 12-degree slope. Virginia Street, from Pike Place Market, is 17 degrees. (At 20 degrees, city planners have to go with stairs, like a few locations in Queen Anne, Capitol Hill or West Seattle).

Electric bikes make these a breeze without breaking a sweat, which makes the bike a truly feasible transportation option for those who might not otherwise climb those hills, or



Seattle E-Bike in Pioneer Square.

don't want to grind out that exercise in their work clothes.

"Even if you're a 60-year-old man in mediocre shape, like me, you can do it," says Nordwall. "It's the hill flattener."

Nordwall is particularly fond of the electric fat bikes, the electric version of the balloon-tired mountain bikes taking snowy and sandy destinations by storm.

"They are fantastic urban warriors. The one we're making for the police will go up the Harbor Steps. Easily."

### Portland study

As is often the case, Portland is a pioneer in bicycle progress—this time with e-bikes. John McArthur, Sustainable Transportation Manager for Oregon Transportation Research and Education Consortium (OTREC) at Portland State University is leading a study to see how e-bikes can be integrated into a sustainable transportation system. The study is partially funded by a grant from Drive Oregon.

The study will take 30 e-bikes and give them out to four different groups of users: folks who don't participate in biking, for real or perceived barriers; women, over 55 years old; people who commute more than five miles a day, where they feel topography is too challenging; and to those might have some

kind of physical impairment, like a bad knee. Downtown areas that have scarce and expensive parking and transportation costs are key markets for e-bikes.

"Our main interest was getting feedback from that demographic of folks, and does it work?" asks McArthur. "Does it expand our mobility options for folks? We'd like to encourage people to do more active transportation. Does the electric bike help these transportation goals? This is really exploratory testing."

A local company, Conscious Commuter, will be donating the bike and



Owner Brian Nordwall of Seattle E-Bike in his Pioneer Square store.



using the study for market research.

Does McArthur have predictions? Not yet, but he's seeing more being used around town each day.

"I think there is a huge opportunity in the market," he says.

### Surprise market

While many thought that the e-bikes were being appealing to those who are already cycling, there has been a surprising advent of several niche markets. E-bikes come in so many varieties, from fat bike to folding bike, and the folding variety has proven very popular with boaters and small plane owners. It's a great mode of transporta-

tion for those who have limited space.

Imagine this: you pull your boat up to a small marina but want to head into the bigger town nearby for supplies. Unfold your e-bike and zip away. Or if you've landed your small plane on a remote island airfield and you'd like to spend the day touring the quaint towns or scenery that's farther than walking distance. An e-bike opens up possibilities for many travelers.

### The wave of the future?

Only time will tell if e-bikes have finally reached the tipping point here in the Northwest. There are still purists who feel they are not real bikes if they

are not being powered by 100 percent pedal action. However, still others feel that anything that gets more people pedaling, is a good thing. There are no points awarded for driving your car up one of Seattle's steep hills; pedaling at all is a step in the right direction for your health and for the environment.

Regardless of your predisposition, e-bikes are worth another look. They aren't going away, and you might be the next rider zipping by other riders without even breaking a sweat.

*Hilary Meyerson is the editor of NW Cyclist and Outdoors NW and could use some help on the hills.*

## Some great e-bikes we love:



Faraday Porteur:  
[www.faradaybikesusa.com](http://www.faradaybikesusa.com)



Easy Motion Neo Cross:  
[www.emotionbikesusa.com](http://www.emotionbikesusa.com)



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[www.electrabike.com](http://www.electrabike.com)



Stromer:  
[www.electricvehiclesnw.com](http://www.electricvehiclesnw.com)

# Gotta-have Gear!

By Hilary Meyerson

## Burley MyKick

We love this little candy-colored balance bike from Burley. Little ones learn how to balance and glide before they ever touch a pedal. It's never too early to start them on cycling!

Retail price: \$129

[www.burley.com](http://www.burley.com)



## Norco Sight Killer B

When it comes to full-suspension mountain bikes, we trust our British Columbia friends at Norco. The Sight Killer B is for aggressive trail riders.

This bike will perform equally well on climbs and on those white-knuckled descents. Retail price as pictured: \$5,484

[www.norco.com](http://www.norco.com)



## Pure Fix Zulu

We like the bare-bones approach of this company that direct-ships simple, quality fixed-gear bikes to you. Their mission is cycling at its purest, and these affordable bikes fit the bill. It's a great, affordable ride to have in your stable of bicycles. Plus, they get points for the great colors—including a glow-in-the-dark. Starting from \$399.

[www.purefixcycles.com](http://www.purefixcycles.com)



## Workman Cycles Wounded Warrior Destroyer

This company is America's oldest bicycle manufacturer, and is best known for its heavy-duty bicycles and work tricycles—like the original delivery trikes they made for the Good Humor Ice Cream man back in 1898.

They still make those, but we also like this great classic cruiser, a portion of whose sales benefit the Wounded Warrior Project, benefiting injured armed service members. Retail price: \$449

[www.worksmancycles.com](http://www.worksmancycles.com)



## The Recycle mBula

This bike stopped us in our tracks at Interbike, the national tradeshow of cycling. It calls itself the first bicycle line made from all recycled materials. It's got 100 percent recycled aluminum content frames and forks and is manufactured in Portland. Saddle and grips are renewable cork. Green and great-looking, just like the Northwest.

[www.riderecycle.com](http://www.riderecycle.com)



## Salsa Mukluk Ti

The Mukluk Ti may just be the best of the fatbikes out there. Besides some seriously fat tires, this one has the titanium frame that makes it lightweight and durable without the worry of corrosion. All are excellent qualities, as this bike is made to get wet, either in the snow or at the beach. See dealers for price.

[www.salsacycles.com](http://www.salsacycles.com)





### Electra Night Owl Cruiser

This bike is almost too pretty to ride. It's for those who appreciate the fine art of cycling. The bike's owl design tells a story too: the owl is awake during the night scene of the front fender, then half-awake by the seat, then asleep as the bike moves to the day scene of the rear fender. The fact that it's a comfy, smooth ride is just a bonus. See dealers for price.

[www.electrabike.com](http://www.electrabike.com)

### Brooklyn Cruiser Griggs

So many stylish bikes to choose from, but this one might be the hippest of them all. This 3-speed cruiser



just oozes class, from the double top tubes to the leather handle grips and white balloon tires. We also like the minimalist aesthetic of the company, that doesn't ask you to pay more for fancy upgrades or components. It's just a solid class ride—take it or leave it. It's very Brooklyn. Retail price: \$579

[www.brooklynrcruiser.com](http://www.brooklynrcruiser.com)

### Dahon Formula S18

Long on your desire to bike commute, but short on space? Folding bikes have long been an urban staple, and Dahon has taken its new design to new heights. The Formula S18 is a solid 18-speed ride with Shimano drivetrain that happens to fold into a ridiculously small space. Stows easily under your desk at work, in your boat, on a plane or just in that tiny cabinet at home. There's no reason not to ride. See dealers for price.

[usa.dahonbikes.com](http://usa.dahonbikes.com)



### Current Coaster



Look again. It's not a bike, but it's got the looks to appeal to the urban hipster's retro soul. This is an oversized scooter, with a dual braking system, that will make you feel like you're on a boardwalk at a southern California beach. We think it's a nifty

addition to the wheeled scene, and would love to see more of these in the Northwest. Retail price: \$349

[www.ridecurrent.com](http://www.ridecurrent.com)

### ElliptiGO 8c

Here's another member of the extended family of cycles. The ElliptiGO was invented by a runner who wanted to continue to run, but couldn't afford the impact. Elliptical trainers in the gym were great, but how to get outside? Behold, the 8-speed ElliptiGO training cycle. We tried it around Seattle's Greenlake and were impressed by the low impact workout it delivers. Plus, it's fun. Retail price: \$2,499

[www.elliptigo.com](http://www.elliptigo.com)



Continued on page 16

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## 2013 GEAR REVIEW



### Zoic Black Market short

The word "versatile" comes to mind with these shorts. Possibly also "value." These casual shorts feature a detachable liner and elasticized back waist and nylon webbing belt for a customized fit. These are shorts you can commute in

to a casual office, or just wear for a day out touring. Retail price: \$69 solids, \$59 plaids.

[www.zoic.com](http://www.zoic.com)

### FOOTbrake shoes

Trying out FOOTbrake foldable shoes brings about one of those, "Why didn't I think of this?" moments. The ingenious flip-flop type shoes fold and slip easily into a bike jersey pocket. They're the brainchild of two women who enjoyed riding from winery to winery in Napa, but didn't like the discomfort of walking in cleats or the wear-and-tear on them. Clever ladies. Retail price: \$30, includes shipping.

[www.footbrake.net](http://www.footbrake.net)



### TiGr Lock

This may be the world's most elegant bike security solution. Began as a Kickstarter campaign, two local guys took strips of titanium, bent them into a bow and added a clever lock. The result is an extremely lovely and extremely safe lock. Just try your bolt cutters on it. We dare you. Best of all, it's so light, your ride just lost a couple of pounds.

[tigrlock.com](http://tigrlock.com)



### Lifeproof iPhone 5 case and bike mount

There are lots of iPhone cases on the market, but few are targeted directly for the outdoor enthusiast. We've put this case through its paces. It's waterproof and nearly indestructible. Great for dropping in the snow or mud or down a rocky trail. With the bike mount, set it on your handlebars to map your ride, find your trail, or just order a pizza for the way home.

Retail price: \$79.99 for case, \$39.99 for bike mount.

[www.lifeproof.com](http://www.lifeproof.com)



### Endura Nemo Glove

This glove is a must for the dedicated Northwest cyclist. We saw grown men swoon after slipping on the neoprene material—it's like a little wetsuit for your hands. This is the gold standard glove for rainy day riding. Retail price: \$44.99

[www.endurasport.com](http://www.endurasport.com)



### Nite Ize LED SlapLit

This little product combines safety, versatility and fun. Reminiscent of the slap bracelets kids wear, this LED light is a great safety feature for nocturnal runs or rides. Two modes: static or blinking. Great for holding your pants away from your chain ring or wrapping around a wrist. Buy a couple.

Retail price \$11.99  
[www.niteize.com](http://www.niteize.com)



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[www.primalwear.com](http://www.primalwear.com)



### Ortlieb Velo-Shopper

This 18-liter shopping bag with a flap and magnetic closure is great for the urban cyclist. It's got the usual impeccable quality from Ortlieb, but with an extra kick of grab-and-go convenience. Snaps on a rack, and then smoothly transitions to an over-the-shoulder bag, complete with padded

strap. Nifty. Retail price: \$150

[www.ortliebusa.com](http://www.ortliebusa.com)

### Louis Garneau Speedzone Vest

Here's the answer to layering for the serious cyclist. The unique opening in the back allows access to jersey pockets without removing the vest. It's great for wearing during races, as bib numbers will still be visible. It's also super light and wind-resistant in the front for chill protection when cruising at high speed. Retail price: \$99.99

[www.louisgarneau.com](http://www.louisgarneau.com)



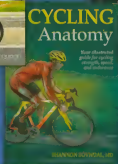
### Kryptonite Evolution Series 4 1055 mini

For old-school bike security aficionados, the heavy duty chain lock is the only way to go. Kryptonite has the bar by introducing the mini, which at 55cm, is a small package for protection. It's got the same security as a beefy U-lock, with the flexibility of a cable lock. Also check out Kryptonite's Bicycle ID kit, in partnership with Bike Shepherd, which has theft-deterrent QR code tags to track your ride. Retail price for Tock: \$68.95; Bicycle ID kit, \$14.99

[www.kryptonitelock.com](http://www.kryptonitelock.com)



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## Paceline Products Eurostyle Embrocation

From the minds at Chamois Butt'r, comes this line of embrocations for the year-round rider. Think of them as a pre-ride muscle warm-up rub. The lubricant seals exposed skin from the elements, and lets you cycle in the cold, warming your muscles and improving performance. It's a favorite of pro cyclocross riders, but it's great for cold rides in the Northwest as well. Comes in both Warm and Hot temperature ranges. Use their euro-style sports wash to remove the embrocations post-ride. Retail price: embrocations, \$19.99; Sports Wash, \$15.99

[www.pacelineproducts.com](http://www.pacelineproducts.com)



## Ride Out Carbon Comfort seat

The Ride Out seat is the brainchild of Jeri Rutherford, a cyclist from Idaho, who spent a few years developing a more comfortable seat. The design is unique, wider than most traditional saddles, and flexes and bends with the rider as they shift their weight. Retail price: \$85 + shipping

[www.comfortbikeseats.com](http://www.comfortbikeseats.com)

Hilary Meyerson is the editor of NW Cyclist, and thinks testing and reviewing gear is one of the best parts of her job.

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By Amy Whitley

# H.O.B. — High-Occupancy Bicycle



Car-free family bikers Madi Carlson and her two sons. Photo courtesy of Madi Carlson

## A glimpse at family bike commuting in the Northwest

When Seattle mom Madi Carlson heads out the door to take her two young sons to preschool, Brandt and Rijder hop into bike seats, not car seats. The Carlsons are a bike-commuting family, heading everywhere—from swimming lessons to the grocery store—by bicycle.

Madi and her husband Dan made the change to a car-free lifestyle nearly two years ago, and maintain that the benefits of commuting by bike far outweigh the inconveniences. Madi describes the time on their bikes' as one of the best parts of their day.

"There's just something about arriving by bike that turns any trip into an astounding journey," she explains, a sentiment that goes double when she's utilizing the kid-carrying bike. "We generally have to rush to get out the door, but once we're on the bike and moving, everything slows down and the fun begins."

The Carlsons greet regular commute buddies en route, and Madi keeps the kids occupied "in the backseat" by drawing their attention to points of interest along the way, whether it's the construction progress on a new office building, the delicious aroma emit-

ting from the Theo Chocolate Factory, or the boats in the ship canal as they cross the Fremont Bridge.

Winter weather is not an obstacle. Proper rain gear is a must in Seattle, and Madi's experimented with pulling oven mitts over the boys' mittens on particularly cold mornings.

With the right equipment, hauling cargo becomes a breeze as well. The Carlsons utilize a Surly Big Dummy Longtail cargo bike, tricked out with baskets under the kids' seats to bring home groceries and other cargo. (Local bike shops are a great resource when determining what type of bikes and gear are needed.) The Carlsons have even managed to ride to the train station for a three-day trip on their cargo bike.

Getting started in a car-free (or reduced driving) lifestyle isn't as intimidating as many car-commuters

might think. Biking communities such as *Kidical Mass* abound in Northwest cities, run in conjunction with local bike shops. In the Seattle area, cyclists will want to check out *Totcycle* and *Bike Works* for family-friendly rides and assistance.

The Carlsons attest that nearly any bike can be turned into a family bike with some additions (on-bike seats, trailer, or trailer bike), though it's advisable to test-ride bikes in the community you'll be riding in before making a big purchase.

In the meantime, Madi says, "Just get out there and ride!"

(Learn more about family bike commuting at the Carlson's website: [familyride.wordpress.com](http://familyride.wordpress.com))

Amy Whitley is a freelance travel writer, lover of the outdoors, and editor of family travel website *Pit Stops for Kids*. She makes her home with her husband and three kids in Southern Oregon.





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# Spin to Win

You're a star spin-class pupil. You are such a regular, the instructor not only knows you by name, but knows not to let anyone use your favorite bike. During class, you handle those imaginary hills and sprints with ease and enthusiasm and crank up the resistance unprovoked just to give yourself an extra challenge.

You are a spinning pro, but is your stellar performance in class enough to translate to an equally successful ride on the open road?

Spin instructor and road warrior Rena Smith says yes, spinning can properly prepare you for pavement.

"Form, pedal stroke and resistance changes on an indoor cycle are very similar to the open road experience," explains Smith, who teaches Group Ride classes at Highline Athletic Club in Burien, Wash. "Seat set-up, posture, knee-over-toe pedaling and controlled breathing are all benefits to take outside."

If you've ever run on a treadmill, you know there is a big difference between that and running outside. On the treadmill, the machine itself



Take the benefits of your indoor spin class outside to the open road.  
© Chach Photography

helps propel you, making the workout easier. But with bikes, there is little difference. While indoors, everything is simulated, but classes still take participants through various road terrains. This gives the rider a sense of confidence and a general knowledge of what outdoor riding can feel like.

There are a few key differences, however. The great outdoors provides more variables with which to compete, including wind, weather, traffic, and terrain.

"In a cycling class, the physical atmosphere is controlled," says Smith. "When riding outside, there are many factors to consider, but in an indoor cycling studio, you are guaranteed perfect weather and well-maintained equipment every time."

While you can bow out of a simulated hill in class by lowering your resistance, in the real world, if you can't reach the top, there is only one way back down.

While your selection of spin bike is limited to front row or back, or whether or not to sit next to Stinky Steve or Chatty Cathy, your choices

when it comes to road bikes range drastically in terms of brands, features and expense. Thankfully, most reputable cycling retailers have the knowledge to fit all riders to the perfect bike for them.

Don't be intimidated by taking the step out of recreational exercise and in to sport. If your only experience with cycling has been in a group fitness setting, consider giving the open road a try. Nothing beats the wind in your (helmet) hair, the sun on your cheeks and the pride you will feel showing the world how great you look in your bicycle shorts.



Kelly Turner is a professional fitness writer from Seattle. Her no-nonsense, practical advice has been featured on *DietsInReview.com*, *FitnessMagazine.com*, *Yahoo! Shine*,

and she has a regular fitness column in *The Seattle Times*. Follow her on Twitter @KellyTurnerFit

## A selection of resources to keep your gears turning...

Compiled by Hilary Meyerson

### Street closures

Check your city's transportation department site to avoid frustrating street closures and steer clear of road construction.

**Portland:** [www.portlandonline.com/transportation](http://www.portlandonline.com/transportation)

**Seattle:** [www.seattle.gov/transportation](http://www.seattle.gov/transportation)

### Maps

**Oregon:** [rideoregonride.com/resources](http://rideoregonride.com/resources)

**Cascade Bicycle Club (list of Washington maps):**  
[www.cascade.org/Community](http://www.cascade.org/Community)

**King County:** [www.kingcounty.gov/transportation/kcdot/Roads](http://www.kingcounty.gov/transportation/kcdot/Roads)

**Lane County, Ore.:**

[www.travellanecounty.org/visitors/maps/](http://www.travellanecounty.org/visitors/maps/)

**Bellingham, Wash.:**

[www.cob.org/services/transportation/biking](http://www.cob.org/services/transportation/biking)

**Bellevue, Wash.:** [www.bellevuewa.gov](http://www.bellevuewa.gov)

**Oregon Coast, Columbia River Gorge:** [www.oregon.gov](http://www.oregon.gov)

**Pierce County:** [www.co.pierce.wa.us](http://www.co.pierce.wa.us)

**Portland:** [www.portlandonline.com/transportation](http://www.portlandonline.com/transportation)

**Portland's 40-Mile Loop Trail:**

[www.40mileloop.org](http://www.40mileloop.org)

**Redmond, Wash.:**

[www.grtma.org/yourBicycleWalkCommute.asp](http://www.grtma.org/yourBicycleWalkCommute.asp)

**Seattle:** [www.seattle.gov/transportation/bikemaps](http://www.seattle.gov/transportation/bikemaps)

**Snohomish County:**

[www.commttrans.org/FAQs](http://www.commttrans.org/FAQs)

**Sun Valley, Idaho:** [www.sunvalley.com](http://www.sunvalley.com)

**Vancouver, Wash.:** [www.cityofvancouver.us](http://www.cityofvancouver.us)

### Find your stolen bike and help others do the same

**Seattle:** [www.stolenbicycleregistry.com/twitter\\_seattle](http://www.stolenbicycleregistry.com/twitter_seattle)

**Portland:** [bikeportland.org/biketheft](http://bikeportland.org/biketheft)

### Report a pothole

Potholes and bikes don't mix. Report 'em.

**Seattle:** [www.seattle.gov/Transportation/potholereport.htm](http://www.seattle.gov/Transportation/potholereport.htm), (206) 684-ROAD

**King County:** [www.kingcounty.gov/transportation](http://www.kingcounty.gov/transportation), (206) 296-8100 or (800) KCROADS

**Portland:** [www.portlandonline.com/transportation](http://www.portlandonline.com/transportation), (503) 823-BUMP

**Bicycle Watchdog:** [www.bicyclewatchdog.org](http://www.bicyclewatchdog.org)

### Our favorite local bike blogs and Tweeters

**Seattle Bike Blog:** [@seabikeblog](http://www.seattlebikeblog.com)

**Portland Bike Blog:** [@bikeportland](http://bikeportland.org)

**Bike Style Spokane:** [@bikestylelife](http://bikestylespokane.com)

**Kent's Bike:** [@kentsbike](http://wefollow.com/kentsbike)

**Bike Juju:** [@bikejuju](http://www.bikejuju.com)

**Family Ride:** [@familyride](http://familyride.wordpress.com)

**Taking the Lane:** [@ellyblue](http://takingthelane.com)

**Bike Hugger:** [@bikehugger](http://bikehugger.com)

**The Bicycle Story:** [@thebicyclestory](http://www.thebicyclestory.com)

### Other bikey stuff

**Bicycle Alliance of Washington:**

[www.bicyclealliance.blogspot.com](http://www.bicyclealliance.blogspot.com)

**Bike to Work Spokane:** [www.biketoworkspokane.org](http://www.biketoworkspokane.org)

**Commute Seattle:** [www.commuteseattle.com](http://www.commuteseattle.com)

**Drive Less, Save More (Oregon):**

[www.drivelessavemore.com/pages/biking](http://www.drivelessavemore.com/pages/biking)

**ORBike:** [www.orbike.com](http://www.orbike.com)

**Ride Oregon:** [www.rideoregonride.com](http://www.rideoregonride.com)

**The Bikery:** [thebikery.org](http://thebikery.org)

**Bikewise:** [www.bikewise.org](http://www.bikewise.org)

**Bicycle Transportation Alliance:** [www.btaoregon.org](http://www.btaoregon.org)

Cyclists on the Burke-Gilman Trail. Photo courtesy of King County Parks, Eli Brownell



# The Helmet Law Debate



## PRO

By Bob Freeman

**B**icycle helmets save lives. There is no disputing it. There are many Web sites full of statistics that prove this. A site that summarizes many of them is at the bottom of this article.

Look at these statistics from the Snell Memorial Institute, the organization that wrote the first helmet standards in 1973 and continues to monitor and amend those standards:

- Every year the estimated number of bicycling head injuries requiring hospitalization exceeds the total of all the head injury cases related to baseball, football, skateboards, kick scooters, horseback riding, snowboarding, ice hockey, in-line skating and lacrosse.
- Estimated indirect costs for injuries to unhelmeted cyclists are \$2.3 billion yearly.
- In bicycle crashes, two-thirds of the dead and an eighth of the injured suffered brain injuries.
- 95 percent of bicyclists killed in 2006 reportedly were not wearing helmets.

There is no street that is 100 percent safe, nor speed that is 100 percent safe, and no amount of experience can protect you from the unexpected car, dog, skater, pedestrian, or other obstacle that can cause an accident. Head injuries can occur when falling while riding at walking speed, from any cause. Why would anyone wear a helmet only some of the time, or not at all? Life is precious, and all too short.

Some people argue that helmet use should be the individual's choice, and that regulation is not only unnecessary, but

See "PRO" continued on page 25

## CON

By Aaron Goss

**H**elmet regulations and laws discourage bicycle riding. Note I used the words "bicycle riding," not cycling. To me, riding a bike is NOT a sport. I am not a "serious cyclist" or a "racer" or even a "cyclist." I do not even consider myself an enthusiast. I just ride bikes! I own a bicycle shop because I love to fix bikes. I sell helmets and could make more money if I used fear (1) to sell them. But, I don't think you need a helmet to ride every time.

I think it matters how you are riding, where and what type of bike you are riding. For example, riding a beach cruiser at the beach should not require a helmet. I am NOT anti-helmet and I wear one when I mountain bike, but not when I ride for transportation. I am anti-helmet law. I am against it because I think it discourages folks from hopping on their bike instead of in their car.

Many folks come into my shop and ask if it is the law to wear a helmet. I tell them yes and show them helmets. Sometimes they buy one and sometimes not. I find that sad because they probably won't ride much. To me it is more important that folks ride regardless of their hat type. When more people ride, everyone becomes safer.

It has been proven in many cities that accident rates go down with increased bike use, most recently in Portland, Ore. (2) Is our goal to require a certain hat or to make society as a whole safer? If it is the latter, then helmet laws are not necessary! It has been shown in many cities that helmet

See "CON" Continued on page 25



## PRO, continued

an infringement on our rights. All of society pays the cost of unhelmeted cyclists. Very little of the cost is borne by the unhelmeted cyclists themselves—most of them died! And helmet users are not exempt from sharing in these costs.

Aside from the costs, if helmet regulations encourage more people to wear helmets, and thus save lives, how can that be a bad thing?

[www.helmets.org/stats](http://www.helmets.org/stats)

*Bob Freeman has been a helmet advocate since 1974 when he got his first bicycle helmet and saw his first traumatic head injury from a helmetless cyclist falling off her bike. She lived, but was permanently disabled. Bob is also the co-owner of Elliott Bay Bicycles near Seattle's Pike Place Market.*

## CON, continued

regulations discourage cycling. The effectiveness of the 1990 Australia law is unclear. (3)

Modern helmets are designed more to sell than to protect. The only test required is to drop it with an 11-pound weight in it from 6.5 feet. The head-form sensor must not register more than 300 G's. (4) There's much finger-pointing between helmet companies as to how well they pass the test. Some racing helmets barely pass the test. The point is, you don't know! The only way to tell if a helmet is "safe" is if they have a U.S. Consumer Product Safety Commission

(CPSC) sticker and all helmets at bike shops do.

Helmets may protect you to a certain degree if you fall on your head. My question: Why don't bicycle helmets offer more protection? Why don't they protect your face? Why don't they have a hard shell? Skateboard style helmets seem like a good idea and are very popular.

Why isn't there a law requiring persons doing more dangerous activities to wear helmets? Would you agree that skateboarding, roller skating, inline skating, skiing and snowboarding are activities where one is likely to hit one's head? Why did the King County Board of Health single out bicyclists for "protection"? Education and peer pressure work much better at encouraging helmet use. (5)

If we must have a helmet law, let it be state-wide and for those 16 and younger ONLY (and also include other kinetic activities).

1. [www.portlandoregon.gov/transportation/article/237507](http://www.portlandoregon.gov/transportation/article/237507)
2. [bikeportland.org/wp-content/images/bridge\\_crashes\\_big](http://bikeportland.org/wp-content/images/bridge_crashes_big)
3. [ipa.org.au/publications/2019/australia's-helmet-law-disaster](http://ipa.org.au/publications/2019/australia's-helmet-law-disaster); [www.helmets.org/veloast](http://www.helmets.org/veloast)
4. [www.cpsc.gov/businfo/regsumbicyclehelmets](http://www.cpsc.gov/businfo/regsumbicyclehelmets)
5. [btaoregon.org/2011/10/bta-policy-on-bicycle-helmets](http://btaoregon.org/2011/10/bta-policy-on-bicycle-helmets)

Aaron Goss is the president of Aaron's Bicycle Repair, Inc. in Seattle, Wash. You can find them at [www.rideyourbike.com](http://www.rideyourbike.com).

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Mountain biking is growing  
among women and girls

# Hitting THE Dirt

By Anne-Marije Rook



Kat Sweet hits a jump at Duthie Hill Park in Issaquah, Wash. Photo by Cash Kiser

In July of last year, 60 women ripped through Duthie Hill Park in Issaquah, Wash. for the Northwest's first two-day women-only freeride event.

The *Sugar Showdown* was hosted by local mountain biking celebrity Kat Sweet. Her goal: To provide a venue for professional and amateur female freeriders to compete in a supportive environment while bringing awareness to the ever-growing women's freeride movement. Freeride is one of the most popular disciplines of mountain bike races. Unlike cross-country, freeride riding includes tricks, style, and technical features in the trail.

Future women mountain bikers also got a good dose of Sweet inspiration as well.

A few months later, Sweet was out in Duthie Park again, this time along with 180 kids, 80 parents and 40 volunteers for the seventh annual Take a Kid Mountain Biking Day, a celebration that strives to connect kids with the natural world through riding mountain bikes.

The sport of women's mountain

biking is growing in the Northwest, and Sweet is right there at the forefront.

As a racer, coach and Youth Program Manager at Cascade Bicycle Club in Seattle, Sweet has been instrumental in bringing new riders to the sport for the past 10 years.

"When I actually let myself step back and look at what we've done, I feel pretty proud," said Sweet. "I feel honored to be at the forefront of a women's movement."

Sweet started mountain biking after her dad, a road racing enthusiast, bought her a rigid, 21-inch Specialized Rock Hopper in 1987.

"As soon as the wheels hit the dirt I was hooked," Sweet recalled. "I felt the adrenalin, the accomplishment of doing something you weren't sure you could do, mixed with fitness and lots of laughs. I like to call it adrenalin Zen. You have to focus on the trail ahead, leave your problems behind, find the best line, and live in the moment. It really brings you back to the now."

"Not to mention the views are spectacular, especially in the Northwest with lush forests of ferns, mushrooms, and trees."

What started off as fun fitness training soon morphed into racing, and Sweet pushed herself to be the best.

## From downhill champion to teacher

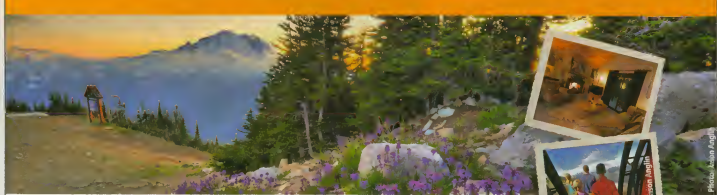
Sweet spent much of the 1990s competing professionally in mountain bike racing as well as skiing, compet-



Riding a feature at a mountain bike park. Photo by Paris Gore

Continued on page 28

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# Mountain Biking



PHOTO BY MATT PATTERSON

**"The bike is now a tool for creating the change I want to see in the world."**

—Kat Sweet

ing in the X-Games and racking up titles such as Expert National Downhill Champion.

"Competing is a great way to push oneself to the next level," said Sweet. "But somewhere along the way it wasn't enough for me. I wanted to find a way to make a difference in the world."

Sweet decided to invest in a new generation of riders.

"When I moved to Seattle in 2001, I started a Trips for Kids chapter, taking low-income kids mountain biking, and I had found my niche," said Sweet. "The bike is now a tool for creating the change I want to see in the world: From taking kids who have never been in a forest riding down single track, to giving women the tools to ride features they may not have realized they could, to building the Sisterhood of Shred by hosting, coaching and competing at women's events all over North America—I get to change lives by doing what I love. How lucky am I?"

Over time, Sweet has grown (and helped) the sport grow.

"When I first started mountain biking, and especially racing downhill in Lake Tahoe, I was one of the few ladies doing it. Now I go to the NW Cup races and there are 5 to 10 ladies in each category," said Sweet. "That might not sound like much but it's a big step in the right direction ... It's still very male-dominated, which is part of the reason we started our own events," said Sweet.

The past year was busy for Sweet, hosting Sugar Showdown, teaching camps and classes,



Wall ride. Photo by Tammy Donahugh

growing her business Sweetlines, competing and producing her first film.

Together with filmmaker Mark Brent, Sweet produced *If She Can Do It*, a documentary capturing the Sugar Showdown event and the days leading up to it.

Sweet said she was amazed by the overwhelming support they received for the film, which was funded by Kickstarter and sponsor support.

"People want to see women riding bikes, supporting and pushing each other but keeping it fun," she said. And that's exactly what she's





Riding a feature at a mountain bike park. Photo by Paris Gore

offering women and youth with her events.

"I want to make my events so everyone can progress, have fun, and make new friends. They're attainable for all levels of riders," she added.

And what place better to host these events than the Northwest.

"What keeps me here is my community, the incredible people who put in countless hours into making the most amazing and, might I add, legal trails in North America. I grew up in Marin County, Calif. where all of the fun trails are illegal. It's so refreshing to have mountain bike parks dedicated to riding and progressing skill levels," said Sweet.

"I feel very lucky to live here."

Learn more about Kat Sweet at [www.sweetlines.com](http://www.sweetlines.com) and [www.cbcef.org/youth-bike-programs](http://www.cbcef.org/youth-bike-programs).



Anne-Marie Rook is a Seattle-based journalist who enjoys pedaling through life on two wheels. Outside of bike commuting, she spends many hours in the saddle training and racing with the Team Group Health women's competitive cycling team. [www.amrook.com](http://www.amrook.com).

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# Cycling Northern Idaho

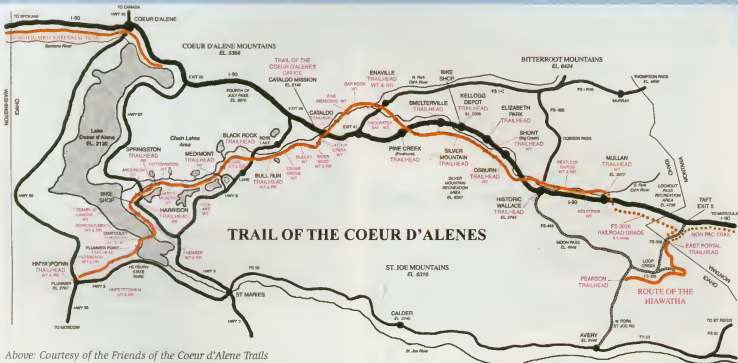
Trail of the Coeur d'Alenes offers 72 miles of paved path

By Jamie Lynn Morgan

Scenery, wildlife, and 72 miles of high-mountain splendor is what you get when you ride the Trail of the Coeur d'Alenes in North Idaho. It is one of the many popular bicycling opportunities in the Panhandle that also includes the Centennial Trail, the Route of the Hiawatha, miles of single track trails (for the mountain biking enthusiast), and an abundance of scenic byways for road cycling.



# Trail of the Coeur d'Alenes



Above: Courtesy of the Friends of the Coeur d'Alene Trails

Left: A moose stops to watch cyclists near Enaville Resort. Photo courtesy of the Friends of the Coeur d'Alene Trails

The Trail of the Coeur d'Alenes follows the old Union Pacific Railroad right-of-way from Mullan, a mining town near the Montana border, to Plummer, a prairie town near the Washington border. The paved path meanders through the historic Silver Valley, into the wildlife-rich Chain Lakes region, along the shore of Lake Coeur d'Alene, and ultimately climbs to the Palouse prairie. The Trail is directly under Interstate 90 as it passes above Wallace, following the South Fork of the Coeur d'Alene River.

## CDA Indians' path

The Trail of the Coeur d'Alenes was originally a path traveled by the Coeur d'Alene Indians. It evolved into an important rail line that carried rich silver and lead ore from mines in Mullan, Burke and Kellogg to terminals on the Palouse prairie from 1887 to 1992.

Today, the Trail is a year-round recreational opportunity. In the winter, it's open for bikes, walkers and cross-country skiers depending on snow coverage. When appropriate, ski tracks are laid between Enaville and Wallace. In addition, the six miles between Wallace and Mullan are also available to snowmobilers as long as there is at least three inches of snow covering the path.

However, in the other seasons, it is really a cyclist's dream. I have pedaled from Wallace to Kellogg, Kellogg to Wallace, and Harrison to Plummer. Every time it is a new



A cyclist enjoys a true waterfront trail, between Harrison and Plummer. Photo courtesy of Idaho Tourism and North Idaho Tourism Alliance

adventure that provides wildlife aplenty, dining delights, thirst-quenching beverages, and lasting memories.

Although there are many small towns on the Trail, the historic mining town of Wallace, Idaho (population 784) is my favorite place to set up my "bicycling base camp."

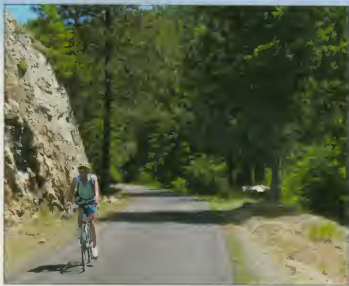
Wallace is nestled beneath Interstate 90, halfway between two ski and recreation areas in northern Idaho's beautiful Silver Valley. The town has long been famous as

Continued on page 32

# Trail of the Coeur d'Alenes

the "Silver Capital of the World" with 1.2 billion ounces of silver produced in Shoshone County since 1884.

From Wallace, we start off the day with lunch at one of the many restaurants found downtown. We can take our pick from the 1313 Club Historic Saloon and Grill, Smoke House Barbecue and Saloon, Pizza Factory, Red Light Garage, or the Jameson Restaurant. After filling our bellies, we set off on our ride either going west toward Kellogg or east toward the town of Mullan.



Cycling in sunny Idaho. Photo courtesy of Idaho Tourism and North Idaho Tourism Alliance

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After a day's riding, it's tradition to celebrate our day in Wallace, which has two great craft breweries, the **City Limits Pub** at the North Idaho Mountain Brewery and the **Whorehouse Tasting Room** at the Wallace Brewing Company. If you aren't a beer enthusiast, check out one of the best bakeries in Shoshone County, the **D & G Bakery**, or the **Price Tag Antiques & Silver Tea Room** for a good old-fashioned tea party.

Wallace is notable because every downtown building is on the National Register of Historic Places because the government finally had to go over them instead of through them to complete the Interstate Highway system in 1991. Have fun exploring the town's three museums, antique shops, **Sierra Silver Mine** tours, and the newest attraction, **Silver Streak Zipline**.

The self-described "prime minister" of historic Wallace is Rick Shaffer, who not only sends a personal email to each person who requests a map of the Trail, but helps fashion customized itineraries for prospective visitors. Besides helping with cycling trips of any length, he'll include information on fly fishing, white water rafting, hikes, and festivals in and around the Wallace area to round out your visit.

Whether you choose to enjoy the Trail of the Coeur d'Alenes as a day trip or a several day excursion you will find several options to make your trip memorable—72 miles of options to be exact!

Jamie Lynn Morgan is a beverage- and bicycle-loving wife and mother of three living in beautiful North Idaho. She's in the business of promoting tourism-related companies. Contact her at [jamie@nwmarketing411.com](mailto:jamie@nwmarketing411.com); Twitter: [@jamiemorganca](https://twitter.com/jamiemorganca); Facebook: [www.facebook.com/jamielynnmorgan](https://www.facebook.com/jamielynnmorgan)

## Trail of the Coeur d'Alenes

### Other nearby routes:

**Plummer to Harrison:** 15.3-mile ride downhill to Heyburn State Park on Lake Coeur d'Alene, across the Chatcolet Bridge and along the lake shore to Harrison.

**Harrison to Enaville:** 31.8 miles of flat terrain from the Lake along the Coeur d'Alene River through the isolated Chain Lakes region to Enaville on the North Fork of the Coeur d'Alene River.

**Enaville to Mullan:** 24.3 miles gradually climbing through a series of small towns that make up the famous Silver Valley, until Wallace, when the grade increases to a maximum of 3 percent as the trail follows the South Fork uphill to Mullan.

~ J.L.M.



Checking the map on the Trail of the Coeur d'Alenes. Photo courtesy of Idaho Tourism and North Idaho Tourism Alliance

### CDA Trail Resources

[www.visitnorthidaho.com](http://www.visitnorthidaho.com)

[www.friendsofcdatrails.org](http://www.friendsofcdatrails.org)

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PROFILE: Kathleen Emry,  
Free Range Cycles

# Finding a Home in the Northwest Bike Industry

Story and Photos by Anne-Marije Rook

*Above: Emry prefers steel because it's affordable, bendable, sturdy, and has good riding quality.*

*Right: While many shop-owner responsibilities limit her wrenching time, Emry still enjoys working on bikes, especially building wheels.*

As I rode up to the small square building that houses Free Range Cycles in Seattle's Fremont neighborhood, owner Kathleen Emry was just taking a newly-assembled bike out for a test ride. Inside the quaint, teeming bike shop, the warmth from a small fan heater and a smell of freshly brewed coffee was welcoming.

It was clear that this shop was far more than just a sales floor. Some photos here, a postcard there—small personal artifacts hung on the few patches of wall and counter not occupied by bicycle parts and accessories. All very homey.

Emry did not grow up riding bikes; she and her three sisters shared one bicycle, a Western Flyer, among them, in the 50s and 60s. Prior to entering the bike business, Emry worked in

a variety of industries from organic farming to marketing.

"I didn't have an idea of what I wanted to do with my life early on. I was kind of wandering before I found the bike industry," Emry said. "And I certainly found a home."

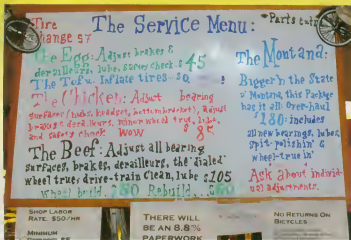
Emry developed an interest in bicycling, specifically bike mechanics, after taking her girlfriend's bike to Wright Bothers Cycle Works in the Fremont district in the 1980s.



"My job is not so much to  
sell a bike but to get  
someone out on a bike."

~ Kathleen Emry





The Free Range menu of services.

"I liked riding and had been commuting by bike but my interest (in bike mechanics) was more about working with my hands," Emry explained.

She signed up for bike mechanics classes and soon she was working at Wright Brothers as one of the few—if not only—female bike mechanics in Seattle at the time.

"I slowly put funds into a tool collection and started having the dream of having my own shop," Emry said.

Ten years later, while continuing to work on-and-off at Wright Brothers, she had collected all the tools.

Together with Mytchell Mead, Emry opened Free Range Cycles in 1997 in the same small building it is in today.

The name, "Free Range," was born out of Emry and Mead's habit to run over to the nearby PCC for lunch to get "free range" food.

Free Range was successful in its first year as a bicycle repair shop and used bike retailer.

"We spent some time figuring out what works and what fits in Fremont and carved out our niche as a commuter shop," Emry said.

Specializing in steel commuter and touring bikes, Free Range was the seventh shop in the world to become an official Surly dealer, and in 2000, they sold the very first Surly Long Haul Trucker in the U.S.

"It was a forest green utility bike for a woman who wanted to explore Greenland by bike," remembered Emry.

Emry said she prefers steel bikes because "steel is affordable, you can bend it back, it's sturdy, has good riding quality and lasts a long time."

While the many shop-owner responsibilities limits her wrenching time, Emry still enjoys working on bikes, especially building wheels or upgrading her own bikes.

"The interesting thing about being in the industry is that I constantly want to change things to my bikes," she said, adding that she limits herself to owning just six bikes. She's a proud owner of some steel beauties including a Rivendell All-Rounder, a Jeff Lyon rando bike, and a Jamis Dragon 650D that she's building up for a 500-mile trek on the

Camino de Santiago pilgrimage trail next year.

Emry said the best bike is one that fits the person, is in their price range and gets them out riding.

"My job is not so much to sell a bike but to get someone out on a bike," Emry said. "The best thing we can create is customer service."

That attitude is exactly why Emry and her employees have built such a loyal customer base.

"It's a great shop to get your bike worked on, and Kathleen is just such a great asset to the community," said Peter Verbrugge, a customer and friend of Emry.

"I first got to working with her in 1998 when I was working as the Music Director for the Fremont Fair. I was just getting out of the unhealthy, rock 'n' roll lifestyle and into a healthier lifestyle that included biking," Verbrugge recalled. "She was very supportive and helped me upgrade to a better fitting bike. Instead of just trying to sell me a bike, any bike, she showed me what my options were for a big guy like myself."

Looking back, Emry is not surprised that she ended up becoming a business owner.

"It was a natural progression to be an entrepreneur. My family owned a grocery store in Othello (in eastern Washington)," she explained. "We all helped out. I dusted shelves for 10 cents an hour."



The tiny shop is teeming with great inventory.

It may have taken her a few years and career changes to find it, but Emry has found a home in the bike industry as she continues to foster a community of everyday cyclists.

"I believe in creating a dream," Emry said. "This is the dream."

Free Range Cycles is located at 3501 Phinney Ave. N., Seattle, Wash. Visit [freerangecycles.com](http://freerangecycles.com) or call (206) 547-8407 for more information.

Anne-Marije Rook is a Seattle-based journalist who enjoys pedaling through life on two wheels. [www.amrook.com](http://www.amrook.com).

## Obliteride takes Seattle by storm

There's a new ride in town, and it's a life-changer. Or more accurately, a life-saver. The **Obliteride** is a full weekend cycling experience, and it's coming to Seattle Aug. 9–11, 2013. The weekend will include multiple rides, music and celebrations.

Obliteride is not your run-of-the-mill ride. A cap is set for 2,500 riders and it will need 1,000 volunteers. Choose from four distances: 25, 50, 100 or the two-day 180-miler — all starting from Magnuson Park. All participants are promised high-quality meals, generous amenities, beautiful routes with rest stops every 10–15 miles, and fun festivities that include local bands, food and beers. Don't wait to obliterate cancer. [www.obliterate.org](http://www.obliterate.org)



Boaz Frankel, Phillip Ross, and actor Daniel Baldwin ham it up for the cameras. Photo courtesy the Pedal Powered Talk Show.

## Pedal Powered Talk Show celebrates anniversary

Portland cyclists rejoice. The **Pedal Powered Talk Show**, the creative vehicle (literally) of Boaz Frankel and Phillip Ross celebrated its one-year anniversary in January. The web show, which features a cargo-bike-turned-talk-show-desk, has cruised around Portland interviewing folks on subjects ranging from pig farming to politics to pinot noir. It's only a matter of time before they show up on the hit series, "Portlandia." Thanks guys, for peddling your talent in the Northwest. [www.pedaltalkshow.com](http://www.pedaltalkshow.com)

LOTUS Sport. 1994, United Kingdom. Photo courtesy Portland Art Museum



## Cyclepedia comes to Portland

A unique exhibition is coming to the Portland Art Museum June 8 – Sept. 8, 2013. "**Cyclepedia—a Century of Iconic Bicycle Design**" is drawn from the collection of Vienna-based designer and bike aficionado Michael Embacher. The exhibition features 40 bicycles, each chosen as an example of a pivotal moment in the evolution of bicycle design. Expect to see cycles of every stripe, including racing, mountain, single-speed, touring, tandem, urban, folding, cargo, curiosities and children's bicycles. Portland is the only American venue hosting this exhibition, and it's a "must-see" for any cycle lover. [pam.org/cyclepedia](http://pam.org/cyclepedia)

## Sweet Ride for the Ladies

Another new ride is coming this Mother's Day weekend, May 11, and this one is for the ladies. Why do a spa day with your girlfriends when you could be cycling together? Enter the **Living the Dream Ride**. It's a full girls' weekend in Snohomish County—Friday night will be a packet pick-up and a "Wine, Sip, Shop, Hop Pre-Party" where riders and friends can sample Washington wines while hopping between historic bakeries, antique shops and decorating stores.



Four mileage goals (18, 24, 36, and 62) are offered for the ride which starts in downtown Snohomish and winds through the lovely Snohomish Valley farmland, along the river and over picturesque bridges. At the finish line, there is a special payoff—a designer gift from a luxury Fifth Avenue store, packaged in robin's egg blue; a great memento of your weekend. Best of all, the ride benefits Snohomish Community Kitchen and the Living the Dream Foundation. Proceeds will fund hot meal services to the need. Register soon (\$150); we bet this one will sell out early. [www.livingthedreamride.org](http://www.livingthedreamride.org)



## The Sperm Bike

You may have seen this unique bike cruising around Seattle. It's the **Seattle Sperm Bike**, and its refrigerated tank is transporting samples from the Seattle Sperm Bank to local fertility clinics. While the custom-built bike isn't built for speed, it's a green method of transport. And it even has a little electric assist motor to help get up those Seattle hills. [www.seattlespermbank.com](http://www.seattlespermbank.com)



## Cycle Greater Yellowstone

### A conservation ride

Jeff Welsch, Communications Director for the Greater Yellowstone Coalition, was riding a Cycle Oregon tour when he realized that there was nothing like it in the Yellowstone region. Also, at a time when so many rides have a charitable component, no conservation organization was a beneficiary. And thus **Cycle Greater Yellowstone** was born. Executive Director Jim Moore thinks it's a unique ride.

"This tour is special because it does two things: It offers riders a chance to tour the incredibly scenic Yellowstone region in a way that's never been available—a fully supported, week-long tour packed with amenities," says Moore. "And it lets the Greater Yellowstone Coalition show people the lands and animals the organization is working to protect—in an immersive way that really connects them to the cause. This event is unique to the conservation world."

The ride is Aug. 18–24. Start planning now.

[www.cyclegreateryellowstone.com](http://www.cyclegreateryellowstone.com)

## Registration Open!

### May 11th, 2013

Washington State's Most Beautiful Bike Ride for Women

Courses: 18, 24, 36 or 62 miles in Snohomish, WA

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## New Ride

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[www.cyclegreateryellowstone.com/nw](http://www.cyclegreateryellowstone.com/nw)

# Castle Rock Rocks!

**A bike park for the people, by the people**

By Hilary Meyerson



Above: You too can learn how to do this at Castle Rock. Right: A view of some of the volunteer-built features. Photos by Jim LeMonds

**L**ooking for your inspirational bike story of the day? Look no further than the Castle Rock Bike Park.

This amazing bike skills park in Cowlitz County in southwest Washington is the definition of a grass-roots effort. After getting approval from the City Council in November 2010, work started the following June and has been completed on a volunteer basis by an informal group that calls itself Growlers Gulch Racing.

The grand opening last September drew more than 350 people, with a huge number of them kids. Since then, the site has been well-used by a dedicated group of riders. The park has hosted skills clinics, and the volunteer efforts are still ongoing to turn this skills park into one of the best in the Northwest. A recent work party spanned two days as volunteers built several new technical lines and laid pavers in erosion-sensitive areas.

Jim LeMonds (or "Jeep," as he's known in the community) coordinates the work parties and skills clinics. There couldn't be a better ambassador for biking. We asked why he took on this effort.

"I'm a hometown boy," said LeMonds. "I'm 62 and looking for ways to give back to my community. I can't bequeath millions but I'm good at organizing."

Indeed he is.

Much of the materials for the park were donated. Of the money they've raised, about 40 percent was from local business and about 60 percent from local bikers. Those same bikers are happy to continue to volunteer at work parties. To date, 126 people have contributed 2,186 hours. LeMonds credited Randy Toney, Kevin Knorr, Dave LeMonds, Ryan McMaster, Greg Ogden, Ryane Olin, and Chris Laughlin for their contributions



as the unofficial Growlers Gulch Racing board of directors.

"It's been a real joy to be involved with this project," LeMonds said. "We love biking and we want kids to get involved with biking as well. We hear all about kids and video games, but you have to give them an alternative."

The Castle Rock City Council recently granted access to an additional 1.5 acres just south of the current bike park. A plan is being developed for that space.

In the meantime, Growlers Gulch members encourage people to come out and ride and plan to attend the Bike Park Blowout Sept. 21, 2013. There will be a 12- to 15-station kids' challenge, with lunch and prizes provided.

The park is located about two miles off Interstate 5 at Exit 49 if you are headed south and Exit 48 if you are traveling north.

*Hilary Meyerson is the editor of Outdoors NW and NW Cyclist.*





After a year's hiatus, the Tour de Whidbey returns Sept. 21 with six scenic mileage routes to choose from. Above, riders cycle along Whidbey Island's West Beach Lagoon. Photo courtesy Whidbey General Hospital Foundation

(For a complete calendar listing of bicycle events, log onto [www.OutdoorsNW.com](http://www.OutdoorsNW.com) > events) Don't see your event? Please send us your event listing and we will add it to our online calendar! (Events@OutdoorsNW.com)

Those events highlighted in yellow also have an accompanying ad elsewhere in the magazine. Thank you for supporting our advertisers.

## Bicycling

- Mar. 9: Solvang Century**, Century Metric, and Half Century, Solvang, CA, 100, 63, or 50 mi bike ride in Solvang, CA, [www.bikescor.com](http://www.bikescor.com)
- Mar. 9-10: Seattle Bike Expo**, Seattle, WA, celebration of cycling, with products, exhibits and cycling presentations, [www.cascade.org](http://www.cascade.org)
- Mar. 10: Gran Fondo Ephrata**, Ephrata, WA., [www.ridewiscyclc.com](http://www.ridewiscyclc.com)
- Mar. 16: McClinchy Mile**, Arlington, WA, Various distance loop routes, [www.bikeclubs.org/mcclinchy](http://www.bikeclubs.org/mcclinchy)
- Mar. 16: Geocaching**, Pullman, WA, Bike Ride for Caches, [www.geocaching.com](http://www.geocaching.com)
- Mar. 16: Kidical Mass**, Eugene, OR, A fun and safe bike ride for kids and their families, [www.rideregionride.com](http://www.rideregionride.com)
- Mar. 16: Tour de Dung #1**, Sequim, WA, Road race series, [www.racing.garagebills.com](http://www.racing.garagebills.com)
- Mar. 17: Wet-n-Windy 50**, Bend, OR, 50 mile road ride from Bend to Powell Butte and back, [www.orbike.com](http://www.orbike.com)
- Mar. 23-24: Pedal Nation PDX Bicycle Show**, Portland, OR, Portland's biggest bike expo, [www.pedalnationevents.com](http://www.pedalnationevents.com) (See ad p. 21)

- Mar. 23: Tour de Dung #2**, Sequim, WA, Road race series, [www.racing.garagebills.com](http://www.racing.garagebills.com)
- Mar. 25: Bike Works Auction**, Seattle, WA, Funds raised at auction will support Bike Works' programs, 5-9 p.m., [www.bikeworks.org](http://www.bikeworks.org)
- Apr. 13: Daffodil Classic**, Orting, WA, 40, 60 and 100 mi tours with views of Mt. Rainier, 7 a.m.-noon, [www.teamfishbach.com](http://www.teamfishbach.com)
- Apr. 15: Fleche Northwest**, Olympia, WA, [www.seattlerandonneur.org](http://www.seattlerandonneur.org)
- Apr. 19-22: Northwest Crank**, Wenatchee, WA, [www.seattlerandonneur.org](http://www.seattlerandonneur.org)
- Apr. 20-23: Filmed By Bike**, Portland, OR, A festival of bike-themed film shorts, 7 p.m., [www.filmedbybike.org](http://www.filmedbybike.org)
- Apr. 20: Tulip Pedal**, LaConner, WA, ride through Skagit county's tulip fields, 7 a.m., [www.active.com](http://www.active.com) (See ad p. 42)
- Apr. 21: Pre-Season Century**, Bend, OR, 100 mile road ride from Bend to Prineville and back, [www.hutchsbicycles.com](http://www.hutchsbicycles.com)
- Apr. 27: Tour de Lopez**, Lopez Island, WA, This popular bike ride with 5, 10, 18 & 31 mile routes, [www.lopezisland.com](http://www.lopezisland.com)
- Apr. 28: Monster Cookie Metric Century**, Salem, OR, 62 mi ride, [www.salembycicleclub.org](http://www.salembycicleclub.org)
- Apr. 28: Lilac Century**, Spokane, WA, 15, 25, 50, 66 and 100 mi rides, [www.northdivision.com](http://www.northdivision.com)
- May 1: May is National Bike Month!**, [www.bikemonth.com](http://www.bikemonth.com) for details or see [www.cascade.org](http://www.cascade.org) (Washington) and [www.bta4bikes.org](http://www.bta4bikes.org) (Portland) for a list of local events.

- May 2: Ride to Work Breakfast**, Seattle, WA, Come join us! We promise good food, great conversation, networking, and an insight into why bike commuting makes sense for you, your business, and our community, [www.cascade.org](http://www.cascade.org)
- May 4: Alice Awards and Auction**, Portland, OR, Businesses, organizations and individuals who have promoted Portland livability through bicycle use are honored, [www.bta4bikes.org/alice/](http://www.bta4bikes.org/alice/)
- May 4: Camano Climb**, Camano Island, WA, 28 or 44 scenic mi. 7:30-10AM, [www.arlingtonvelosport.com/](http://www.arlingtonvelosport.com/)
- May 4: Ride Around Clark County (RAAC)**, Vancouver, WA, 18, 34, 65 and 100 mi loops, [www.vbc-usa.com](http://www.vbc-usa.com)
- May 5: May Day Metric**, Federal Way, WA, Challenging routes of 50, 72, and 104+ mi. 6:30 - 10AM, [www.teamfishbach.com](http://www.teamfishbach.com)

- May 11: Stottlemeyer 30/60m Bike Race**, North Kitsap, WA, [www.nwepicseries.com](http://www.nwepicseries.com)
- May 11: Inland Empire Century**, Richland, WA, Century with 25, 50 and 75 mile routes, [www.inlandempirecentury.com](http://www.inlandempirecentury.com)
- May 11: Seattle Kids' Bike Swap**, Seattle, WA, 10am to 4pm at Rainier Community Center, [www.bikeworks.org](http://www.bikeworks.org)
- May 11: Skagit Spring Classic**, Burlington, WA, 25, 45, 65 and 100 mi, [www.skagitspringclassic.org](http://www.skagitspringclassic.org)
- May 11: Living the Dream Ride**, Snohomish, WA, 18, 24, or 36 mile loop or do the metric century at 62 miles, [www.livingthedreamride.org](http://www.livingthedreamride.org) (See ad p. 37)
- May 11-12: STOKR**, Libby, MT, 2-day scenic tour of the Kootenai River benefits Habitat for Humanity, [www.libbymt.com/events/stokr.htm](http://www.libbymt.com/events/stokr.htm)
- May 11: Tour de Cure**, Redmond, WA, Marymoor Park, [www.diabetes.org/tour](http://www.diabetes.org/tour) (See ad p. 16)
- May 11: Ravensdale Road Race**, Ravensdale, WA, The course is a 9 mile clockwise loop on county roads, [www.buduracing.com](http://www.buduracing.com)
- May 11: Skagit Spring Classic Bike Ride**, Burlington, WA, 25, 40, 60 and 100 mile routes, [www.skagitspringclassic.org](http://www.skagitspringclassic.org)
- May 13: Bike to Work Week**, Nationwide, [www.bikeleague.org](http://www.bikeleague.org)
- May 15: Ride of Silence**, Seattle, WA, 10 mi, Free, Starts and ends at Gas Works Park, Aims to raise the awareness that cyclists have a legal right to the public roadways, [www.ridesofsilence.org](http://www.ridesofsilence.org)
- May 17: National Bike to Work Day**, Nationwide, Get on your bicycle and ride to work and school, [www.bikeleague.org/biketowork](http://www.bikeleague.org/biketowork)
- May 18: Reach the Beach**, Portland, OR, Grand Ronde, Salem and Astoria, Pacific City, OR, [www.reachthebeach.org](http://www.reachthebeach.org)
- May 18: Haul Ash**, Woodinville, WA, Haul Ash commemorates the 1980 eruption of Mt. St. Helens, [www.redhook.com](http://www.redhook.com) (See ad p. 43)
- May 19: Your Canyon for a Day Ride**, Yakima, WA, 35 mile round trip bike ride through the scenic Yakima River Canyon, [www.crimetoppersyakco.org](http://www.crimetoppersyakco.org)
- May 19: Tour de Cure**, Spokane, WA, Dwigth Merket Sports Complex, [www.tourdiabetes.org/tour](http://www.tourdiabetes.org/tour) (See ad p. 16)
- May 23: Firecracker Ride**, Mt. Bachelor, WA, 65 miles ride, [www.mbsf.org](http://www.mbsf.org)
- May 24-27: Columbia Gorge Explorer**, Vancouver, WA, Self-supported, 55-65 miles/day, [www.pwvtc.com](http://www.pwvtc.com)

Continued on page 40

June 22 **Cannonball**  
July 6 **S2S**

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- May 25-27: Century Ride of the Centuries**, Pendleton, OR, 3-day ride, [www.cyclependleton.com](http://www.cyclependleton.com)
- May 25: Prosser Dash Race**, Prosser, WA, 1 mile, 5K or 10K walk/run, or a 10, 20, or 50 mile bike ride, kids' race, [www.makethedashcount.com](http://www.makethedashcount.com)
- May 27: Seven Hills of Kirkland Challenge**, Kirkland, WA, 72 mi ride with 11 hills, [www.7hillskirkland.com](http://www.7hillskirkland.com)
- Jun. 1: Pioneer Century**, Canby, OR, From the Willamette to the foothills of the Cascades, 32, 45, 55, 77, and 100 mile routes, [www.pwrc.com](http://www.pwrc.com)
- Jun. 1: Wenatchee Sunrise Rotary Apple Century Bike Ride**, Wenatchee, WA, 100-mi, [www.applebikeride.com](http://www.applebikeride.com)
- Jun. 1-2: GEAR UP, Outdoor Adventure Expo**, Everett, WA, [www.gearupexpo.com](http://www.gearupexpo.com) (See ad p. 21)
- Jun. 2: Peninsula Metric Century**, Gig Harbor/Port Orchard, WA, 40, 62 and 100 mi, [www.tbwc.org](http://www.tbwc.org)
- Jun. 2: The Oregon Gran Fondo**, Cottage Grove, OR, 120+ 71 and 31-mile. Rural and ancient forest roads, [www.dark30sports.com](http://www.dark30sports.com)
- Jun. 4: LifeCycle Bremerton**, Bremerton, WA, [www.westsoundcycling.com](http://www.westsoundcycling.com)
- Jun. 5-9: Central Oregon 500+**, Bend, OR, week long riding adventure, 100K or 100 miles daily, [www.misef.org](http://www.misef.org)
- Jun. 8: Flying Wheels Summer Century**, Redmond, WA, 25, 50, 70 and 100 mi scenic loops, [www.cascade.org](http://www.cascade.org)
- Jun. 8: Strawberry Century**, Lebanon, OR, [www.santiamspokes.org](http://www.santiamspokes.org)
- Jun. 15: Ann Weatherill Cycling Classic**, Walla Walla, WA, 30, 60 and 100 mi, [www.wheatlandwheelers.com](http://www.wheatlandwheelers.com)
- Jun. 15-16: Ride to Conquer Cancer**, Vancouver, BC to Seattle, [conquercancer.ca](http://conquercancer.ca)
- Jun. 15: Petal Pedal**, Silverton, OR, 30, 62 and 100 mi, [www.petalpedal.com](http://www.petalpedal.com)
- Jun. 16-19: Leavenworth Mountain Biking Tour**, Leavenworth, WA, 4-day, 3-night all-inclusive backcountry tour, [www.bicycledventures.com](http://www.bicycledventures.com)
- Jun. 19: Spokane Summer Parkways**, Spokane, WA, cycling, walking, fitness, Car free streets, [www.summerparkways.com](http://www.summerparkways.com)
- Jun. 19: Loren Miller Bike Ride and Walk**, Spokane, WA, Century, half century and family ride, [www.cancerpatientcare.org](http://www.cancerpatientcare.org)
- Jun. 21-23: Mount Hood Cycling Classic**, Hood River, OR, [www.mthoodcyclingclassic.com](http://www.mthoodcyclingclassic.com)
- Jun. 21-23: Mt. Hood Cycling Classic**, The Dalles, Oregon, 125 mi to 250 mi, [www.mthoodcyclingclassic.com](http://www.mthoodcyclingclassic.com)
- Jun. 22: Wheels to Meals**, Puyallup, WA, [www.wheelstomeals.org](http://www.wheelstomeals.org)
- Jun. 22: Chelan Century Challenge and Cycle de Vine**, Chelan, WA, Challenging 100-mile ride and 40-mile winery ride, [www.centuryride.com](http://www.centuryride.com)
- Jun. 22-23: Tour de Hood**, Hood River, OR, 2 day scenic ride, various lengths, [www.tourdehoodride.com](http://www.tourdehoodride.com)
- Jun. 22: Cannonball**, Seattle to Spokane, WA, Cannonball is a one-day, ultra marathon endurance ride, [www.redmondyclingclub.org](http://www.redmondyclingclub.org) (See ad p. 39)
- Jun. 22: Blue Cruise of Idaho**, Meridian, ID, 100, 50, 30, 15 miles ride, [www.bluecruiseidaho.org](http://www.bluecruiseidaho.org)
- Jun. 29: Mountain Lakes Challenge**, Ashland, OR, [www.mountainlakeschallenge.com](http://www.mountainlakeschallenge.com)
- Jun. 29: Ride Around The Pioneers in One Day**, Dillon, MT, [www.ratpod.org](http://www.ratpod.org)
- Jun. 29: Cornucopia Days Emerald City Lights Bike event**, Seattle, WA, Register for a 25, 60 mi, [www.emeraldcitylightsbikeride.org](http://www.emeraldcitylightsbikeride.org)
- Jun. 30: Tour de Pierce**, Puyallup, WA, 12, 30, 50-mile rides, [www.piercedaysofwa.org/parks](http://www.piercedaysofwa.org/parks)
- Jul. 5-6: Silver Spoke Bicycle Jam**, Silver Valley, ID, [www.wallaceidahochamber.com](http://www.wallaceidahochamber.com)
- Jul. 6: Seattle to Spokane**, Seattle to Spokane, WA, 525 is a one-day, ultramarathon endurance ride, [www.redmondyclingclub.org](http://www.redmondyclingclub.org) (See ad p. 39)
- Jul. 7-13: Oregon-Crater Lake**, Oakridge, OR, [www.bicycledventures.com](http://www.bicycledventures.com)
- Jul. 12-13: Fireweed400**, Sheep Mountain Lodge, AK, [www.fireweed400.com](http://www.fireweed400.com)
- Jul. 13: Derby Days**, Redmond, WA, Part of Redmond Derby Days Summer Festival, [www.redmondderbydays.com](http://www.redmondderbydays.com) (See ad p. 40)
- Jul. 13: Tour des Chutes**, Bend, OR, 7, 25, 48, 72 and 100 mi ride, [www.tourdeschutes.org](http://www.tourdeschutes.org) (See ad p. 44)
- Jul. 13: Ride to Defeat ALS**, Mt. Angel, OR, 25 mile, 50 mile and century ride, [www.alsa.org/](http://www.alsa.org/)
- Jul. 13-14: Seattle to Portland Bicycle Classic**, Seattle, WA, This 200-mile bicycle ride is the largest multi-day bicycle event in the Northwest, [www.cascade.org](http://www.cascade.org)
- Jul. 17-21: Redmond Rotary's Bicycle Tour (Redspoke)**, Redmond to Spokane, WA, [www.redspoke.org](http://www.redspoke.org)
- Jul. 20: Chafe 150**, Sandpoint, ID, Winds along lakes and river valley on quiet byways through Montana's Cabinet Mountains Wilderness, 150 mi. challenging distance, also an 80-mile option, [www.chafe150.org](http://www.chafe150.org) (See ad p. 32)
- Jul. 20: Tour de Parks**, Hillsboro, OR, a Free 2, 6 and 10 park family rides, [www.tourdeparks.com](http://www.tourdeparks.com)
- Jul. 20-27: Montana Bicycle Ride**, Plains, MT, [www.bicyclendsmn.org](http://www.bicyclendsmn.org)
- Jul. 20: Tour de Cure**, Portland, OR, 5, 26, 43, 65 and 100 miles, [www.tourde.cure.org/tour](http://www.tourde.cure.org/tour) (See ad p. 16)
- Jul. 22-19: Race Across Oregon**, 538 mi route through the Cascades for solos, tandems, masters, 2 & 4 person relay teams, [www.raceacrossoregon.com](http://www.raceacrossoregon.com)
- Jul. 25: RAMROD**, Enumclaw, WA, Ride Around Mount Rainier in One Day, [www.redmondyclingclub.org](http://www.redmondyclingclub.org)
- Jul. 27: Jackson's Ride the Gorge**, Hood River, OR, Ride through the Columbia Gorge, [www.jacksonsridethegorge.org](http://www.jacksonsridethegorge.org)

**Jul. 27: Tour de Whatcom**, Bellingham, WA, begins and ends in Bellingham's Fairhaven district, [www.tourdewhatcom.com](http://www.tourdewhatcom.com)

**Jul. 27-28: Ride to Defeat ALS**, Mt. Vernon, WA, 30, 42, or 54 miles on day one; 38, or 51 miles on day two. [www.als.org](http://www.als.org)

**Jul. 27-28: ALS DoubleDay Bike Ride and Fundraiser**, Mt. Vernon, WA, Join us on an unforgettable 2-day ride through the breathtaking Skagit Valley. [www.alsa.org](http://www.alsa.org)

**Jul. 28: Tour de Kitsap**, Silverdale, WA, 15, 30, 65 and 100 mile challenging routes. 5-mile family ride, [www.westsoundcycling.com](http://www.westsoundcycling.com)

**Jul. 30: Spoke & Food**, Seattle, WA, [www.viewhallodisigns.com](http://www.viewhallodisigns.com)

**Aug. 3-10: Oregon Bicycle Ride**, Pendleton, OR, 7-day, fully supported 500 mi ride, [www.bicycleridesnw.org](http://www.bicycleridesnw.org)

**Aug. 3-5: Courage Classic**, Snoqualmie, WA, 3-day, 173-mile bike tour. [www.multicare.org](http://www.multicare.org)

**Aug. 3: Eight Lakes Leg Aches**, Spokane, WA, [www.lcsnw.org](http://www.lcsnw.org)

**Aug. 3: Tour de Lavender**, Kingston, WA, 100k ride from Kingston Ferry to Sequim, [www.tourdelaender.com](http://www.tourdelaender.com) (See ad p. 41)

**Aug. 3-4: Oregon MS Bike Ride**, Lane County, OR, [www.bikeorcnationalismssociety.org](http://www.bikeorcnationalismssociety.org)

**Aug. 3-10: Ride Around Washington (RAW)**, Oroville to Columbia Gorge, WA, mileage 70-105 miles/day, [www.cascade.org](http://www.cascade.org)

**Aug. 4: G.E.A.R.S. Blackberry Bramble**, Eugene, OR, 100 mi, 100 km, 43 mi rides, family-friendly 15-mi, [www.eugenegears.org](http://www.eugenegears.org)

**Aug. 4-10: Ride Idaho**, Sun Valley, ID, Fully supported 410 mile route with rest day in Sun Valley, [www.rideidaho.org](http://www.rideidaho.org)

**Aug. 4: Ride the Hurricane**, Port Angeles, WA, Recreational ride limited to 250 riders. Olympic National Park will close this main access road except for cyclists from 5AM-Noon. [www.portangeles.org](http://www.portangeles.org) (See ad p. 41)

**Aug. 9-11: Obliterate**, Magnus Park, Seattle, WA, 25, 50, 100 or a two day 180 mile, [www.obliterate.org](http://www.obliterate.org)

**Aug. 10-11: Capitol Forest Classic**, Olympia, WA, [friendsofcapitolforest.org](http://friendsofcapitolforest.org)

**Aug. 11: Providence Bridge Pedal**, Portland, OR, Ride over Portland's beautiful bridges, [www.providence.org/bridgepedal](http://www.providence.org/bridgepedal)

**Aug. 11: Tour de Peaks**, Snoqualmie Valley, WA, 25, 50, or 100 mile road rides, \$35. Spectacular views on hills and flat country roads, [www.tourdepeaks.org](http://www.tourdepeaks.org) (See ad p. 45)

**Aug. 16-18: Recumbent Retreat**, Fort Stevens State Park, OR, [www.recumbentretreat.org](http://www.recumbentretreat.org)

**Aug. 16-18: RSVP1**, Seattle to Vancouver, BC, 183-mi ride ends in Vancouver, [www.cascade.org](http://www.cascade.org)

**Aug. 17: Crater Lake Century**, Klamath Falls, OR, [www.craterlakecentury.com](http://www.craterlakecentury.com)

**Aug. 17-18: RSVP2**, Seattle to Vancouver, BC, 183-mi ride ends in Vancouver with festivities, [www.cascade.org](http://www.cascade.org)

**Aug. 17: Yaquina Lighthouse Century**, Newport, OR, Experience the beauty of the Oregon coast, 100 mi, 100K and 22 mi rides, [www.yaquinawheels.org](http://www.yaquinawheels.org)

**Aug. 17-18: Bike MS Ride**, Billings, MT, [www.nationalmssociety.org/](http://www.nationalmssociety.org/)

**Aug. 18-24: Cycle Greater Yellowstone**, West Yellowstone, MT, [www.cyclegreateryellowstone.com](http://www.cyclegreateryellowstone.com) (See ad p. 37)

**Aug. 24-25: RAPSody**, Tacoma, WA, The Ride Around Puget Sound starts and ends at Tacoma Community College, [www.rapsodybikeride.com](http://www.rapsodybikeride.com) (See ad p. 40)

**Aug. 24: Beaverton Banks & Beyond Bicycle Tour**, Beaverton, OR, 32, 64, 86, or 100 miles, [www.bbbbt2012.eventbrite.com/](http://www.bbbbt2012.eventbrite.com/)

**Aug. 24: Cystic Fibrosis Cycle for Life**, Tri-Cities, WA, 20 and 65 miles, [www.cff.org](http://www.cff.org)

**Aug. 24: Banks and Beyond Bicycle Tour**, Beaverton, OR, 32, 64, 86 and 100 mile routes, [www.nwibicyclesafetyclub.org](http://www.nwibicyclesafetyclub.org)

**Sept. 6-9: JDRF Tour de Tahoe to Cure Diabetes**, Lake Tahoe, CA, [www.ride.jdrf.org](http://www.ride.jdrf.org)

**Sept. 7: Emerald City Lights Bike & SK Walk**, Seattle, WA, [www.emeraldcitylightsbikewalk.org](http://www.emeraldcitylightsbikewalk.org)

**Sept. 7-8: Bike MS Ride**, Mt. Vernon, WA, Fully supported 2-day journey, [www.bikeMSwashington.org](http://www.bikeMSwashington.org)

**Sept. 7: Bike MS Ride**, Gridwood, AK, [www.bikewas.nationalmssociety.org](http://www.bikewas.nationalmssociety.org)

**Sept. 8: High Pass Challenge**, Gifford Pinchot Wilderness Area, WA, [www.cascade.org](http://www.cascade.org)

**Sept. 8-13: People's Coast Classic**, Astoria, OR, six-day charity ride along the Oregon coast, [www.thepeoplecoastclassic.org](http://www.thepeoplecoastclassic.org)

**Sept. 8: SpokeFest**, Spokane, WA, Course Options include 1, 9, 21 and 47 miles, [www.spokefest.org](http://www.spokefest.org)

**Sept. 8: Tour de Lab**, Portland, OR, 18-mi, 30-mi mile bicycle tour, [www.tourdelab.com](http://www.tourdelab.com)

**Sept. 14-15: MS Bike Tour**, Coeur d'Alene, ID, 50-200 miles over 2 days, [www.nationalmssociety.org](http://www.nationalmssociety.org)

**Sept. 14: Gran Fondo Hood River**, Hood River, OR, [www.projectsport.com](http://www.projectsport.com)

**Sept. 15: Chuckanut Century Bicycle Ride**, Bellingham, WA, 25, 38, 50, 62, 100 and 124 mile routes, [www.chuckanutcetury.org](http://www.chuckanutcetury.org) (See ad p. 40)

**Sept. 15: Cascade to Crown Bicycle Ride**, Cascade Locks, OR, 15, 50 or 60 mi ride, [www.cascadetocrownride.com](http://www.cascadetocrownride.com)

Continued on page 42



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[www.cyclealaska.com](http://www.cyclealaska.com)

Sept. 15: **Cycle the Wave**, Issaquah, WA, 12 mi, 25 mi, 42 mi, 62 mi., [www.cyclethewave.org](http://www.cyclethewave.org)

Sept. 16-21: **Wacand Ride**, Newport, WA, 6-day, 344 mile in 2 states, 2 countries. Fully Supported, [www.wacandride.org](http://www.wacandride.org) (See ad p. 32)

Sept. 21: **RTC Viva Bike Vegas**, Las Vegas, Nev. Feature three routes. \$75 to \$175. [www.vivabikevegas.com](http://www.vivabikevegas.com)

Sept. 21: **Tour de Whidbey**, Oak Harbor, WA, Ride open roads on Whidbey Island, [www.tourdewhidbey.com](http://www.tourdewhidbey.com) (See ad p. 45)

Sept. 21: **Ride the Rogue**, Rogue River, OR, [ridetherogue.org](http://ridetherogue.org)

Sept. 22: **Tour de Victoria**, Victoria, BC, 50k, 100k, or 140k scenic routes, [www.tourdevictoria.com](http://www.tourdevictoria.com)

Sept. 29: **Peach of a Century**, Salem, OR, 62 & 100 mi routes through the countryside, [www.salembicycleclub.org](http://www.salembicycleclub.org)

Sept. 29: **Kitsap Color Classic**, Kitsap Peninsula, WA, 33, 43, 44, or 64 mi. bike loops, start at Edmonds ferry terminal or Kingston, [www.cascade.org](http://www.cascade.org)

Oct. 5: **The Manastash Metric Century**, Ellensburg, WA, Challenging 104 km ride through some of Central Washington's most scenic cycling country, [www.drier-ride.org](http://www.drier-ride.org) (See ad p. 44)

Oct. 10-13: **Walla Walla Wine Bike Tour**, Walla Walla, WA, Four Days and Three Nights, [www.seattle-cycling-tours.com](http://www.seattle-cycling-tours.com)

Jul. 6-7: **High Desert Omnium**, Bend, OR, [highdesertomnium.com](http://highdesertomnium.com)

Jul. 13: **Derby Days Criterium**, Redmond, WA, Part of Redmond Derby Days Summer Festival, [www.redmonderbydays.com](http://www.redmonderbydays.com)

Jul. 16-21: **Cascade Cycling Classic**, Redmond, OR, Event includes 6 stages over 5 days, a time trial, a criterium, a circuit race and 2 road races., [www.cascade-classic.org](http://www.cascade-classic.org)

Jul. 17: **Brad Lewis Criterium**, Seattle, WA, Exciting 1-mile, 3-corner course. Racing from 8:40am-4pm. [obra.org/](http://obra.org/)

Jul. 19-21: **FSA Grand Prix**, Redmond, WA, Marymoore Velodrome, [www.fsa-grandprix.com](http://www.fsa-grandprix.com)

Aug. 10: **OBRA Criterium Championships**, Gresham, OR, [www.obra.org](http://www.obra.org)

## Mountain Biking

Mar. 10: **Singletrack Cycles West Side Mountain Bike Series**, Gig Harbor, WA, [www.buduracing.com](http://www.buduracing.com)

Mar. 24: **Singletrack Cycles West Side Mountain Bike Series - Cooking in the Kettles**, Fort Ebey, WA, [www.buduracing.com](http://www.buduracing.com)

Apr. 7: **Mudslinger XC**, Bend, OR, 25th anniversary of this Northwest tradition, [www.mudslingerxc.com](http://www.mudslingerxc.com)

Apr. 7: **Singletrack Cycles West Side Mountain Bike Series - Henry's Ridge #1**, Black Diamond, WA, [www.buduracing.com](http://www.buduracing.com)

Apr. 13: **Sage Brush Scramble**, Boise, ID, [www.knobbytireseries.com](http://www.knobbytireseries.com)

Apr. 14: **Singletrack Cycles West Side Mountain Bike Series - Lord Hill Trails**, Snohomish, WA, [www.buduracing.com](http://www.buduracing.com)

Apr. 28: **Bear Springs MTB ST/XC**, Mount Hood, OR, Mountain bike racing at Ski Bowl, [www.obra.org](http://www.obra.org)

May 5: **Singletrack Cycles West Side Mountain Bike Series - Soaring Eagle**, Sammamish, WA, [www.buduracing.com](http://www.buduracing.com)

May 11: **Cascade Chainbreaker Mountain Bike Race**, Bend, OR, [www.obra.org](http://www.obra.org)

May 11: **Coyote Classic**, Boise, ID, [www.knobbytireseries.com](http://www.knobbytireseries.com)

May 11: **Stottlemeyer 30 and 60 Mile Mountain Bike Race**, Port Gamble, WA, Registration is limited to 400 riders total. [www.nwepicseries.com](http://www.nwepicseries.com) (See ad p. 11)

May 19: **Singletrack Cycles West Side Mountain Bike Series - Henry's Ridge #2**, Black Diamond, WA, [www.buduracing.com](http://www.buduracing.com)

May 18-19: **Enumclaw Stage Race**, Enumclaw, WA, [www.mutualoffenumclaw.com/stagerace](http://www.mutualoffenumclaw.com/stagerace)

May 25-26: **24 Hours Around the Clock**, Spokane, WA, 24 hour Mountain bike race for individuals or teams, [www.roundandround.com](http://www.roundandround.com)

## Bike Racing

Apr. 6: **Vance Creek Road Race**, Elma, WA, Satsop Development Park. 13.25 mile loop starting on top of uller hill. \$30 day. [www.wsbaracing.com](http://www.wsbaracing.com)

Apr. 19-21: **Tour of Walla Walla**, Walla Walla, WA, [wsbaracing.com](http://wsbaracing.com)

May 2: **Estacada Time Trial #2**, Estacada, OR, 20 miles for Adult Cats, 10+ miles for younger juniors, [obra.org/](http://obra.org/)

May 3-5: **NCCA Road Nationals**, Ogden, UT, USA Cycling Collegiate Road National Championships, [www.usacycling.org](http://www.usacycling.org)

May 6: **Kruger's Kermesse Spring Relay**, Portland, OR, Criterium-style race on farm roads, [www.obra.org](http://www.obra.org)

May 27: **Mount Tabor Circuit**, Portland, OR, Tough, [www.obra.org](http://www.obra.org)

Jun. 1-2: **Capital Stage Race**, Olympia, WA, New 3 days, 4 stages, [obra.org/](http://obra.org/)

Jun. 8: **Alpenrose Heartbreaker**, Portland, OR, [www.obra.org](http://www.obra.org)

Jun. 28-30: **Baker City Cycling Classic**, Baker City, OR, 3-day, 4 stage race., [www.elkhornclassicstageace.com](http://www.elkhornclassicstageace.com)

Jun. 29: **Tacoma Twilight Criterium**, Tacoma, WA, [wsbaracing.com](http://wsbaracing.com)

Jul. 4: **Joe Matava Memorial Classic Criterium**, Burien, WA, flat 4-corner 1k course, [www.wheelsportcycling.com](http://www.wheelsportcycling.com)

Jul. 4: **Firecracker Cycling**, Eugene, OR, Tandem TT Champs, Time Trial, Criterium, [www.obra.org](http://www.obra.org)



**May 25-26: Dirt Series**, Whistler, BC, Canada, Women's mountain bike camp, [www.dirtseries.com](http://www.dirtseries.com)  
**Jun. 8: Knobby Tire 9-5 Marathon**, Boise, ID, [www.knobbytireseries.com](http://www.knobbytireseries.com)  
**Jun. 8: Evergreen Mountain Bike Festival**, Duthie Hill Park, WA, Duthie Hill Mountain Bike Park, Issaquah, WA, [www.evergreenmtbfestival.com](http://www.evergreenmtbfestival.com) (See ad p. 29)

**Jun. 8: Echo Valley 30/60 Mile MTB Race**, Chelan, WA, 30/60 mile mountain bike race, [www.evergreentrailruns.com](http://www.evergreentrailruns.com), [www.NWEPicSeries.com](http://www.NWEPicSeries.com)  
**Jun. 16: Boise to Idaho City Tour**, ID, Boise, ID, 100 mi. MTB Tour, [www.wildrockracing.com](http://www.wildrockracing.com)  
**Jun. 18: Kids Dirt Fest**, Issaquah, WA, [www.mtsgreenway.org](http://www.mtsgreenway.org)

**Jun. 29: Mountain Bike Endurance Race**, Priest Lake, ID, 100k, 50k or 25k courses, [www.priestlaketrace.com](http://www.priestlaketrace.com)  
**Jul. 5-7: Canada Cup & BC Cup DH + XC Mountain Bike Races**, Sun Peaks, BC, Canada, [www.sunpeakresort.com](http://www.sunpeakresort.com) (See ad p. 2)  
**Jul. 6: Test of Endurance MTB and Trail Run**, Blodgett & Alsea, OR, XC stage race, race as solo, or 2 person team, [www.mudslingersevents.com](http://www.mudslingersevents.com)  
**Jul. 6-USA Cycling Mountain Bike National Championships**, Sun Valley, ID, [www.usacycling.org](http://www.usacycling.org)  
**7/19-21/2013: Mountain Bike Oregon Series**, Oakridge, Oregon, Three full days of unequalled single-track riding, [www.mtbikeoregon.com](http://www.mtbikeoregon.com)

**Jul. 20-21: Dirty Feet XC Bike Week-end**, Sun Peaks Resort, BC, Canada, [www.sunpeakresort.com](http://www.sunpeakresort.com) (See ad p. 2)  
**Aug. 3-4: Dirt Series**, Bend, OR, Women's mountain bike camp, [www.dirtseries.com](http://www.dirtseries.com)  
**Aug. 3-4: Cascade Cream Puff**, Oakridge, OR, Mountain bike racing, [www.cascadecreampuff.com](http://www.cascadecreampuff.com)  
**Aug. 9-18: Crankworx Mountain Bike Festival**, Whistler BC, Canada, [www.crankworx.com](http://www.crankworx.com)  
**Aug. 10-11: Dirt Series**, Hood River, OR, Women's mountain bike camp, [www.dirtseries.com](http://www.dirtseries.com)  
**Aug. 17: Dirt Series**, Canmore, AB, Canada, Women's mountain bike camp, [www.dirtseries.com](http://www.dirtseries.com)  
**Aug. 24: Capital Forest 50/100 Mile Mountain Bike Race**, Olympia, WA, 50/100 Mile Mountain Bike Race, [www.nwepicseries.com](http://www.nwepicseries.com)  
**Sept. 7-8: Dirt Series**, Whistler, BC, Canada, Coed mountain bike camp, [www.dirtseries.com](http://www.dirtseries.com)  
**Sept. 14: Fat Fifty-Five**, Oakridge, OR, The FAT 55 is a challenging 50 plus mile mountain bike race, [www.fatfiftyfive.com](http://www.fatfiftyfive.com)

**Mar. 24: RainMan Triathlon Seattle**, Seattle, WA, Indoor triathlon, [www.trifreak.com](http://www.trifreak.com)  
**Mar. 29: Snake River Triathlon**, Lewiston, ID, Part of the Tri-NW Race Series for Rankings, 500y/12m/2m, [www.lssc.edu/crosscountry](http://www.lssc.edu/crosscountry)  
**Apr. 6: Beaver Freezer Triathlon**, Corvallis, OR, Dixon Recreation Center, OSU Campus, 500yds/12miBike/3.1miR, [www.oregonstate.edu/groups/tricub](http://www.oregonstate.edu/groups/tricub)  
**Apr. 6: Apple Capital Spring Duathlon**, Wenatchee, WA, 5K run/17mi bike/5K run, [www.rideviciouscycle.com](http://www.rideviciouscycle.com)  
**Apr. 14: Race in the Sage Duathlon**, Benton City, WA, 2.5miR/10miMTB/2.5miR, Kiona Winery and Vineyards, 9 a.m., [www.3RRR.org](http://www.3RRR.org)  
**Apr. 14: Cherry Blossom Fitness Fest Duathlon and Half Marathon**, Dalles, OR, Duathlon 5K-30K-5K, half marathon, [www.cherryblossomfitness-festival.com](http://www.cherryblossomfitness-festival.com)  
**Apr. 14: The Race in the Sage Mountain Bike Duathlon**, Benton City, WA, Run 2.5 miles, Bike 10 miles, Run 2.5 miles, [www.trifind.com](http://www.trifind.com)  
**Apr. 20: Duell in the Desert**, Eagle Crest Resort, OR, Road Duathlon, Off Road Duathlon and Mini Duell (Kids 10 and under), [www.layitoutevents.com](http://www.layitoutevents.com)  
**Apr. 20: Spring Find Triathlon/Duathlon & kids mini-tri**, Elma, WA, [www.trifind.com](http://www.trifind.com)  
**Apr. 27: Keelhaul**, Silver Mountain Resort, Leddogg, ID, A uniquely awesome triathlon featuring snow riding, downhill mountain biking and running, [www.silvermt.com](http://www.silvermt.com)  
**Apr. 27: Suburban RUSH**, Port Moody, BC, Canada, running, biking and mystery challenges along this 25-30k course, tandem or solo teams, 10 a.m., [www.suburbanrush.com](http://www.suburbanrush.com)  
**Apr. 28: Mount Rainier Long and Short Course Duathlon**, Enumclaw, WA, Long course - B. 5kR/50kR/6kR, short course - 3kR/25kR/6kR, B a.m., [www.signmeup.com](http://www.signmeup.com)  
**May 3: YMCA Spring Sprint Triathlon**, Boise, ID, [www.ymcavidaoh.org](http://www.ymcavidaoh.org)  
**May 11: Gator Grinder**, Canby, OR, 500yds/12miBike/3.1miR, [www.canbygators.com](http://www.canbygators.com)  
**May 11-12: Oregon Dunes Triathlon & Duathlon**, Dunes City, OR, Sprint and Olympic Distances, [www.racecenter.com](http://www.racecenter.com)  
**May 12: Fiasco in Pasco**, Pasco, WA, 5kR/30kR/5kR, [www.usatriathlon.org](http://www.usatriathlon.org)  
**May 18: Ski to Sea Jr. Race**, Bellingham, WA, [www.skitosea.com](http://www.skitosea.com)  
**May 18: Kids' Mini Pole Pedal Paddle**, Mount Bachelor to Bend, OR, bike, raft and sprint, [mtbsef.org](http://mtbsef.org)  
**May 18: First Timers Cold Water Swim and Clinic**, Lakewood, WA, [www.trisportcoach.com/events](http://www.trisportcoach.com/events)  
**May 18: Troika Triathlon**, Spokane, WA, In Medical Lake's Waterfront Park, [www.troikatriathlon.com](http://www.troikatriathlon.com)

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**Apr. 27: Suburban RUSH**, Port Moody, BC, Canada, running, biking and mystery challenges along this 25-30k course, tandem or solo teams, 10 a.m., [www.suburbanrush.com](http://www.suburbanrush.com)  
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**May 18: Troika Triathlon**, Spokane, WA, In Medical Lake's Waterfront Park, [www.troikatriathlon.com](http://www.troikatriathlon.com)

## Multisport

**Mar. 10: Walla Walla Dirty Duathlon**, Walla Walla, WA, 2.7 mile trail run, followed by 14.8 mountain bike ride, [www.signmeup.com](http://www.signmeup.com)

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Continued on page 44

**May 18: Great Urban Race**, Seattle, WA, Adventure race around the City, [www.greaturbanrace.com](http://www.greaturbanrace.com)  
**May 18: Xterra Pedal Paddle**, Mount Bachelor to Bend, OR, [www.pbpbbend.com](http://www.pbpbbend.com)  
**May 19: Duck Bill Triathlon**, Lowell, OR, [www.edictedgeracing2.com](http://www.edictedgeracing2.com)  
**May 20: North Shore Spring Triathlon**, North Vancouver, BC, Canada, 740m/520k/5KR, northshoretriathlon.ca  
**May 26: Onion Man Lake Triathlon**, Walla Walla, WA, 1.5K/540k/10K (509) 529-9187, [www.wmmlsports.com](http://www.wmmlsports.com)  
**May 26: Shawinigan Lake Triathlon**, Shawinigan Lake, BC, Sprint, Olympic and half-IM, [www.triseries.ca](http://www.triseries.ca)  
**May 26: Ski to Sea**, Bellingham, WA, Multi-event relay from Mount Baker to

Bellingham Bay, Finish line at Marine Park, [www.skitothesea.com](http://www.skitothesea.com)  
**May 27: Spring Festival Duathlon and Triathlon**, Moses Lake, WA, Barn. Part of Spring Festival celebration in Moses Lake, [www.budracing.com](http://www.budracing.com)  
**May 31: Wild Canyon Game**, Antelope, OR, [www.wildcanyongames.org](http://www.wildcanyongames.org)  
**Jun. 1: Gap2Gap Relay**, Yakima, WA, 49 & 40 mi courses, kayaking or canoeing (or 40 mi inline skate), a field run, road & mt biking, and 10k run, teams and solo divisions, [www.yakimagreenway.org/g2g/](http://www.yakimagreenway.org/g2g/)  
**Jun. 1: Three Rivers Race**, La Grande, OR, Running, [www.riversrace.com](http://www.riversrace.com)  
**Jun. 1: Issaquah Triathlon**, Issaquah, WA, 5k, sprint triathlon and kids' tri. 7:00 a.m., [www.issaquahtri.com](http://www.issaquahtri.com)  
**Jun. 1: McMillinville Sprint Tri**, McMillinville, OR, Upper City Park, [www.mactriathlon.com](http://www.mactriathlon.com)  
**Jun. 1: Granite Man**, Jackson, OR, Various distances, from Applegate Park, [www.graniteman.com](http://www.graniteman.com)  
**Jun. 2: Pine Hollow Tri**, Wamic, OR, Sprint Triathlon distance 750 meter swim, 15K bike, 5K run, Pumice Man (Aussie style double) swim, bike, run, swim, bike, run. = 1.5K swim, 30K bike, 10K run, [www.pinehollowtri.com](http://www.pinehollowtri.com)  
**Jun. 8: Moses Lake Family Triathlon**, Moses Lake, WA, Sprint, Olympic and Family Distances, [www.budracing.com](http://www.budracing.com)  
**Jun. 9: Mermaid Triathlon and Duathlon**, Alameda, CA, All-Women's triathlon and duathlon, [www.mermaidtriathlon.com](http://www.mermaidtriathlon.com), [www.mermaidseries.com](http://www.mermaidseries.com)  
**Jun. 9: XTERRA Browns Camp Trail Run**, Forest Grove, OR, 12km - Oregon Series #1, [www.xterraplanet.com](http://www.xterraplanet.com)  
**Jun. 15: Lake Wilderness Triathlon**, Maple Valley, WA, Sprint and Olympic triathlon, [www.worktotoufitness.com](http://www.worktotoufitness.com)  
**Jun. 15: Cottage Lake Tri and Tri Again**, Woodville, WA, Sprint, advanced and kids, [www.marymeyerfitness.com](http://www.marymeyerfitness.com)  
**Jun. 15: Dilettante Womens Triathlon**, Seattle, WA, 5 miles Lake Women's Triathlon, [www.dilettantewomenstri.com](http://www.dilettantewomenstri.com)  
**Jun. 16: Mt Hood Scramble**, Mt. Hood, OR, [www.xdorgevents.com](http://www.xdorgevents.com)

**Jun. 16: Victoria Triathlon**, Victoria, BC, Sprint, Olympic and half-IM, [www.triseries.ca](http://www.triseries.ca)  
**Jun. 21-30: Adventure Sports Week**, Rathrun, ID, [www.adventuresportsweek.com](http://www.adventuresportsweek.com)  
**Jun. 22: Deception Pass Challenge**, Oak Harbor, WA, [www.deceptionpassfoundation.org](http://www.deceptionpassfoundation.org)  
**Jun. 22: Oyster the Race**, Portland, OR, Mystery Course 10 - 30 miles, [www.oysterracingseries.com/](http://www.oysterracingseries.com/)  
**Jun. 22: Tri Monroe**, Monroe, WA, Tri-Monroe Amateur Sprint triathlons will feature both non-drafting and draft-legal racing, [www.trimonroe.com](http://www.trimonroe.com)  
**Jun. 22: Padden Triathlon-Competitive**, Bellingham, WA, competitive course - 5mi/521mi/8.5 2miR, recreational course - 2.5mi/512mi/8/2.6miR, [www.trithecookie.com](http://www.trithecookie.com)  
**Jun. 23: Ironman Coeur d'Alene**, Coeur d'Alene, ID, 2.4mi/5112mi/8/26.2miR, [www.ironmancoeur.com](http://www.ironmancoeur.com)  
**Jun. 23: Clackamas Cove Triathlon**, Oregon City, OR, Sprint and Olympic, [www.clackamascovertriathlon.com](http://www.clackamascovertriathlon.com)  
**Jun. 28-30: Pacific Crest Long Course Triathlon**, Sunriver, OR, TRI NW Long Course Championship, [www.racecenter.com/pacificcrest](http://www.racecenter.com/pacificcrest)  
**Jun. 29: Five Mile Lake Co-Ed Sprint Triathlon**, Five Mile Lake Park, Federal Way, WA, [www.budracing.com](http://www.budracing.com)  
**Jun. 29: Righteous Richland Sprint Triathlon**, Richland, WA, 1 mi run, 7 p.m., [www.3rr.org](http://www.3rr.org)  
**Jun. 29: Five Mile Lake Triathlon**, Auburn, WA, Five Mile Lake Park, Swim-400 meters, Ride-14mile, Run-5k, 8 a.m., [www.budracing.com](http://www.budracing.com)  
**Jun. 29: Olalia Lake Triathlon**, Newport, OR, Off road triathlon, [www.newportoregon.gov](http://www.newportoregon.gov)  
**Jul. 4: Let Freedom Run 5K and 1 Mile**, Choteau, MT, 1-mile fun run and 5K road race at Choteau City Park, <http://www.runchoteau.com/>  
**Jul. 6: XTERRA Forest Park Trail Run**, Portland, OR, 17km - Oregon Series #2, [www.xterraplanet.com](http://www.xterraplanet.com)  
**Jul. 7: Desert Half Iron**, Osoyoos, BC, Canada, 2K/512K/20KR, [www.osoyooshalf.ca](http://www.osoyooshalf.ca)

**Jul. 7: Vashon Island Off-Road Triathlon**, Dockton, Vashon Island, WA, Part of XTERRA series, Swim-800m, Ride-14mile, Run-6k, [www.budracing.com](http://www.budracing.com)  
**Jul. 7: Squamish Triathlon**, Squamish, BC, Canada, [www.squamishtriathlon.org](http://www.squamishtriathlon.org)  
**Jul. 13: Clear Lake Triathlon**, Clear Lake, WA, 1.3mi/515mi/8/4miR, [www.skagitcountynet.net](http://www.skagitcountynet.net)  
**Jul. 13: City Solve Urban Race**, Bellingham, WA, A fun urban adventure! [www.citysolveurbanrace.com/](http://www.citysolveurbanrace.com/)  
**Jul. 13-14: Ocean Shores Big Weekend**, Ocean Shores, WA, Sat. - Olympic Sprint and Kids triathlons, 10K & 5K, [www.trifreak.com](http://www.trifreak.com)  
**Jul. 13-14: Deschutes Dash**, Bend, OR, [www.freshairsports.com](http://www.freshairsports.com)  
**Jul. 13: Rigby Lake Triathlon**, Rigby, ID, Triathlon, Duathlon, [www.pb-performance.com](http://www.pb-performance.com)  
**Jul. 14: Subaru Vancouver Triathlon**, Vancouver, BC, Sprint, Olympic and half-IM, [www.triseries.ca](http://www.triseries.ca)  
**Jul. 14: Valley Girl Triathlon**, Liberty Lake, WA, 3mi/512mi/8/3miR, adult and kids' races, [www.valleygirltri.com](http://www.valleygirltri.com)  
**Jul. 20-21: ChelanMan Multi-Sport Weekend**, Lake Chelan, Fry-A-Tri, Sprint Tri, Olympic Tri, Half Iron Tri, 5k, 10k and Half Marathon, [www.chelanman.com](http://www.chelanman.com)  
**Jul. 20: Tiger Triathlon**, Colville, WA, 1K/540k/8KR, Gillette Lake, 8 a.m., [www.tigertri.com](http://www.tigertri.com)  
**Jul. 20: Padden Duathlon**, Bellingham, WA, Road course - 2.6miR/14.5mi/8/2.6miR, [www.trithecookie.com](http://www.trithecookie.com)  
**Jul. 20: XTERRA La Grande**, La Grande, OR, Off road triathlon, [www.xterraplanet.com](http://www.xterraplanet.com)  
**Jul. 21: Lake Stevens Ironman**, Lake Stevens, WA, 70.3 Triathlon World Qualifier - S/58mi/8/13.1miR, [www.ironmanlakestevens.com](http://www.ironmanlakestevens.com)  
**Jul. 21: Peach City Triathlon**, Penticton, BC, Canada, Full and half marathons, 7 a.m., <http://www.peachclassic.ca/>  
**Jul. 21: Benaroya Research Institute Triathlon at SEAFAR**, Seattle, WA, Sprint Triathlon, 0.5 mi swim/ 12 mi bike/ 3.1 mi run, [www.seafar.com](http://www.seafar.com)  
**Jul. 21: City Solve Urban Race**, Seattle, WA, A fun urban adventure! [www.citysolveurbanrace.com](http://www.citysolveurbanrace.com)  
**Jul. 27: Olympia Traverse**, Olympia, WA, A multi-sport adventure relay for solo, tandem and teams A Big Fun, Family Event, [www.olympiatraverse.com](http://www.olympiatraverse.com)  
**Jul. 27: Spudman Triathlon**, Boise, ID, U.S. Nationals Qualifier, 1.5K/540k/10KR, [www.burleyions.org/spudman.html](http://www.burleyions.org/spudman.html)  
**Jul. 27: Ellensburg Sprint Triathlon**, Ellensburg, WA, [www.budracing.com](http://www.budracing.com)  
**Jul. 27: Rolf Prima Tri at the Grove**, Cottage Grove, OR, Sprint and Olympic distance courses for teams or individuals, [www.rolfprima.com](http://www.rolfprima.com)  
**Jul. 28: Whiskey Dick Triathlon**, Vantage, WA, [www.whiskeydick.com](http://www.whiskeydick.com)  
**Jul. 28: Whiskey Dick Triathlon**, Ellensburg, WA, [www.budracing.com](http://www.budracing.com)








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**Aug. 2: Idaho Senior Games 1**, Boise, Age 50 and older, [www.idahoseniorgames.org](http://www.idahoseniorgames.org)  
**Aug. 3: Federal Escape Triathlon**, Federal Way, WA, Sprint and Olympic distances, [www.trifreak.com](http://www.trifreak.com)  
**Aug. 3-4: Pomerleau Pounder**, Albion, ID, [www.wildrockiesracing.com](http://www.wildrockiesracing.com)  
**Aug. 3: Whidbey Island Triathlon**, Langley, WA, 5mi/5.19 5mi/8.3 8mi/8, indiv. or relay teams, [www.whidbeytriathlon.com](http://www.whidbeytriathlon.com)  
**Aug. 3: Power of Pasco Tri**, Pasco, WA, USAT sanctioned event, [www.3rrr.org](http://www.3rrr.org)  
**Aug. 3: Lake Samish Triathlon and Duathlon**, Bellingham, WA, Sprint triathlon, [www.trifind.com](http://www.trifind.com)  
**Aug. 3: Umpqua Ultimate**, Sutherlin, OR, Sprint and Olympic distances, 10k and 5k runs, [www.purplefootgang.com](http://www.purplefootgang.com)  
**Aug. 4: Self Transcendence Triathlon/Duathlon**, Victoria, BC, Canada, triathlon course - 1500m/540k/10kR, Duathlon course - 5kR/40k/10kR, [www.victoriatriathlon.com](http://www.victoriatriathlon.com)  
**Aug. 4: Kids Rock Triathlon**, Black Diamond, WA, [www.veraisethebar.com](http://www.veraisethebar.com)  
**Aug. 4: Xterra Black Diamond**, Black Diamond, WA, Premier off-road triathlon, [www.xterrablackdiamond.com](http://www.xterrablackdiamond.com)  
**Aug. 10: Coeur D'Alene Triathlon**, Coeur D'Alene, ID, 1.5k/540k/10kR, Duathlon, [www.cdatriathlon.com](http://www.cdatriathlon.com)  
**Aug. 10: Bellingham Youth Triathlon**, Bellingham, WA, Ages 6-13, various distances, [www.trithec COOKIE.com](http://www.trithec COOKIE.com)  
**Aug. 10: Lake Tye Triathlon**, Monroe, WA, Sprint, kids' and Olympic, [www.finishstrongevents.com](http://www.finishstrongevents.com)  
**Aug. 10: Emmett's Most Excellent Triathlon**, Emmett, ID, 1.5k/540k/10kR, kids' tri, USAT National Qualifier, Idaho State Championship, Idaho Senior Games category, [www.spondoro.com](http://www.spondoro.com)  
**Aug. 11: XTERRA Oregon Trail Run Series Championship**, Gaston, OR, 10/22km, [www.xterraplanet.com](http://www.xterraplanet.com)  
**Aug. 16: Aquaman Duathlon**, Richland, WA, 2. Howard Amn Park, 2miR/ 5miS/3miR, [www.3RRR.org](http://www.3RRR.org)  
**Aug. 17: City Solve Urban Race**, Portland, OR, [www.citysolveurbanrace.com](http://www.citysolveurbanrace.com)  
**Aug. 17: Beaver Lake Triathlon**, Beaver Lake Park, Sammamish, WA, [www.beaverlake.org/blt](http://www.beaverlake.org/blt)

**Aug. 17-18: Kelowna Triathlon**, Kelowna, BC, Canada, [www.tribc.org](http://www.tribc.org)  
**Aug. 17: Titanium Man Jr. Triathlon**, Richland, WA, 2. Howard Amn Park, 50ydS/5miB/1miR, [www.3RRR.org](http://www.3RRR.org)  
**Aug. 18: Danskin Women's Triathlon**, Seattle, WA, [www.danskintriathlon.net/seattle](http://www.danskintriathlon.net/seattle)  
**Aug. 18: Xterra Wild Ride**, McCall, ID, [www.xterraplanet.com](http://www.xterraplanet.com)  
**Aug. 18: West Plains Wunderwoman Triathlon**, Spokane, WA, Women-only sprint, [www.emdesports.com](http://www.emdesports.com)  
**Aug. 18: Muddy Buddy**, Seattle, WA, muddy buddy run, mini muddy buddy run, [www.muddybuddy.com](http://www.muddybuddy.com)  
**Aug. 24: Muds to Suds Race**, Ferndale, WA, 3 mile mud race with over 15 obstacle, [www.mudstosuds.com](http://www.mudstosuds.com)  
**Aug. 24: Lake Sammamish Triathlon**, Lake Sammamish State Park, Issaquah, WA, 400mS/14miB/5.5kR, 7 a.m., [www.buduracing.com](http://www.buduracing.com)  
**Aug. 25: Lake Meridian Triathlon**, Kent, WA, Olympic Sprint and Super, [www.lakemerediantri.com](http://www.lakemerediantri.com)  
**Aug. 25: Triathlon Eugene**, Eugene, OR, Sprint and Olympic distances, [www.triathlon Eugene.com](http://www.triathlon Eugene.com)  
**Aug. 31: Titanium Man Triathlon**, Richland, WA, 1.5kS/40miB/10kR, Howard Amn Park, [www.3RRR.org](http://www.3RRR.org)  
**Aug. 31: Bonney Lake Labor of Love Triathlon**, Bonney Lake, WA, Allen York Park, [www.buduracing.com](http://www.buduracing.com)  
**Aug. 2: Multisports Canada Vancouver Triathlon**, Vancouver, BC, [www.multisportscanada.com](http://www.multisportscanada.com)  
**Sep. 7: Subaru Western Series Triathlon**, Banff, AB, Sprint, Olympic and half-IM, [www.triseries.ca](http://www.triseries.ca)  
**Sep. 7: Cottage Lake Kid's Tri**, Woodinville, WA, Ages 5 to 15, [www.marymeyerlife fitness.com](http://www.marymeyerlife fitness.com)  
**Sep. 7: Cottage Lake Tri & Tri Again**, Woodinville, WA, Swim 1 Mile, Bike 9 Miles, Run 1.6 Miles, [www.trifind.com](http://www.trifind.com)  
**Sep. 7: Best in the West Half Iron Triathlon**, Sweet Home, OR, [www.slowtwitch.com/](http://www.slowtwitch.com/)  
**Sep. 7: Iron Horse Relay**, Snoqualmie, WA, With over 70 miles of water, trails and roads, [www.ironhorserelay.com](http://www.ironhorserelay.com)  
**Sep. 9: Lake Stevens Olympic and Sprint Triathlon**, Lake Stevens, WA, Olympic Distance, [www.buduracing.com](http://www.buduracing.com)

**Sep. 15: Ole's Assault**, Astoria, OR, 2-hour & 6-hour adventure race, 10 a.m., [www.xdogevents.com](http://www.xdogevents.com)  
**Sep. 15: Kirkland Triathlon**, Kirkland, WA, [www.trifreaks.com](http://www.trifreaks.com)  
**Sep. 21: Bellingham Traverse**, Bellingham, WA, 6miR/6miMTB/16miB/3miR/4miPaddle, 5miTri, solo and teams, [www.bellinghamtraverse.com](http://www.bellinghamtraverse.com)  
**Sep. 21: Grand Columbian Super Triathlon**, Grand Coulee Dam, WA, [www.thegrandcolumbian.com](http://www.thegrandcolumbian.com)  
**Sep. 21: Mind Over Mountain Adventure Race Cumberlan**, Cumberlan, BC, Canada, [www.mindovermountain.com](http://www.mindovermountain.com)  
**Sep. 21: Cape Disappointment Sprint Triathlon**, Cape Disappointment, WA, Sprint Triathlon, [www.funbeach.com](http://www.funbeach.com)

**Sep. 21: Triathlon & Duathlon**, Ilwaco, WA, Black Lake Park, 9: 00 am, [www.capedtri.com/](http://www.capedtri.com/)  
**Sep. 22: Portland Triathlon**, Portland, OR, [www.portlandtri.com](http://www.portlandtri.com)  
**Sep. 28: Methow Valley Off-Road Duathlon**, Methow valley, WA, 40Km Mtn Bike/10Km Trail Run, [methowduathlon.blogspot.com/](http://methowduathlon.blogspot.com/)  
**Oct. 12: XTERRA Harvest Half Trail Run**, Kenmore, WA, 1021km - Washington Series #1-2014, [www.xterraplanet.com](http://www.xterraplanet.com)  
**Oct. 13: Mt. Bike Duathlon**, Bellingham, WA, 2.6miR/4miMTB/2.6miR, [www.trithec COOKIE.com](http://www.trithec COOKIE.com)  
**Oct. 27: XTERRA World Championships**, Maui, HI, [www.xterraplanet.com](http://www.xterraplanet.com)

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# From the Archives



(Publisher's note):  
Outdoors NW (flagship  
publication of NW Cyclist)  
celebrates 25 years of  
publishing in 2013. We've  
combed through our past  
issues to bring readers  
blasts from the past from  
our archives. Watch for  
more *From the Archives* in  
every edition of Outdoors  
NW this year. Enjoy!

**February, 1988:**  
**Puget Sound Cyclist**  
(the precursor of  
Outdoors NW) debuts  
with 3,000 copies as a  
"Chilly Hilly Extra" and  
is handed out at  
Colman Dock to riders  
headed to Bainbridge  
Island. Seattle native and  
publisher Carolyn Price  
writes in that first edition,  
"Puget Sound Cyclist is  
a brand new magazine  
devoted exclusively to  
people like you—the  
recreational rider and/or  
touring rider." PSC  
ramped up to 10,000  
copies the next month  
and published eight  
editions that first year.

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clery, Asplund's Cyclery—  
have closed their doors over  
the years.

## COMMON RUNNING INJURY SYMPTOMS

- LOW BACK PAIN**  
Pain in low back and possible pain in buttock region.
- HAMSTRING STRAIN**  
Pain felt at the back of thigh.
- ILIOTIBIAL BAND SYNDROME**  
Pain located on outer knee or hip.
- ACHILLES TENDONITIS**  
Pain felt in back of lower leg above heel.
- CALF STRAIN**  
Pain felt in back of the lower leg.
- PATELLOFEMORAL PAIN SYNDROME (Runner's Knee)**  
Pain felt below and/or around the knee cap.
- SHIN SPLINTS**  
Pain felt in front of lower leg.
- PLANTAR FASCITIS**  
Pain felt on bottom of heel and/or arch.

## 5 TIPS TO PREVENT RUNNING INJURIES

- Warm-up.** Perform a 5 minute dynamic warm-up prior to heading out on your run.
- Cool down.** Finish your run with a short walk followed by a static stretch routine.
- Strength training.** On non-running days, implement a strength training routine that includes legs, upper body and core.
- Follow 10% rule.** Don't progress your mileage by more than 10% from one week to the next.
- Stay hydrated.** Drink water throughout your day.

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# Healthy Hip Movement Promotes a Healthy Back for Cyclists

A recent report concluded that back pain is more common than severe headaches or allergies in the United States.<sup>1</sup> Low back pain in the cyclist is especially common, regardless of age, gender or type of bike.<sup>2</sup> Having a proper bike fit by your physical therapist is essential because cycling creates tension in your back muscles as they stretch and move during your ride. The motion at the hips relates directly to the forces going through your low back, so improving hip flexibility can decrease your back pain as well as improve your efficiency on the bike.



If you've ever cycled in a group you may have noticed someone in front of you with limited movement, or range of motion, related to their hips. As they pedal, one (or both) of their knees may bend out to the side at the top of the pedal stroke (see figure to the left). They may not be aware of this movement, but this loss of internal rotation is causing them to lose power and possibly irritate their low back, knee, or foot on that side.

Through a Bike Fit, it may be determined that moving the cleat sideways could assist with proper knee and foot alignment on the bike, or it may be as simple as consistently working at increasing hip mobility with the following exercises.

## ASSISTED STRETCHING INTERNAL ROTATION

Stand on your right leg with resistance tubing attached to the right (assisting you toward the right). With your left leg, step across your body toward the right (the band will assist with extra motion)

Repeat 15 times



## MODIFIED HURDLER STRETCH

Lay on your back or sit with your knees bent outward at 90 degrees of flexion. Hold for 20 seconds.

Repeat 3 times



Increased flexibility in general can play a key role in reducing stress and pain on your entire spine, legs and hips. If you are riding more than twenty hours a week, maintaining correct lower body mechanics can prevent injuries as well as improve your position, efficiency and power on the bike.

If you have pain preventing you from enjoying you're cycling or are interested in a more personal and specific program, you can find your local Therapeutic Associates Physical Therapist at: [www.therapeuticassociates.com/Locations](http://www.therapeuticassociates.com/Locations)

## References:

1. Cook, Gray, et. al., "Movement: Functional Movement Systems: Screening, Assessment and Corrective Strategies", 2010
2. Saleh, M., et al. "Effect of changing the saddle angle on the incidence of low back pain in recreational bicyclists" Br J Sports Med 1999; 33:398-400
3. Jacobs Jea. The Burden of Musculoskeletal Diseases in the United States. Chapter 2: Spine: Low Back and Neck Pain; American Academy of Orthopaedic Surgeons; 2011
4. Rognli, Pete. "Knock out Knee Pain", Bicycling Magazine, December, 2012
5. Moeen, Erik. "How to Get an Overuse Injury: Common mistakes in endurance bicycling". Bikepost.com, November 2011.

By: Elizabeth Gilbert PT, DPT, Staff Physical Therapist, TAI Mt. Spokane Physical Therapy



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